

HUBUNGAN KONSUMSI PROBIOTIK DENGAN PERSENTASE LEMAK TUBUH PADA MAHASISWA DI FAKULTAS KEDOKTERAN, KESEHATAN MASYARAKAT, DAN KEPERAWATAN UNIVERSITAS GADJAH MADA

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INTISARI

Latar Belakang: Obesitas merupakan kondisi terjadinya penumpukan lemak berlebih dalam tubuh. Hal ini disebabkan oleh ketidakseimbangan antara asupan makanan dan pengeluaran energi melalui aktivitas fisik. Komposisi mikrobiota usus yang berperan dalam metabolisme sangat bergantung pada asupan makanan sehari-hari. Probiotik merupakan mikroorganisme hidup yang dapat dikonsumsi oleh manusia. Probiotik dapat ditemukan dalam makanan dan minuman, seperti yoghurt, kefir, kombucha, tempe, keju, dan tapai. Probiotik dapat memperkaya bakteri baik dan membantu menjaga keseimbangan mikrobiota usus sehingga berpotensi dalam menurunkan risiko obesitas.

Tujuan: Mengetahui hubungan antara konsumsi probiotik dengan persentase lemak tubuh pada mahasiswa di Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada.

Metode: Penelitian ini merupakan penelitian observasional analitik dengan pendekatan *cross-sectional*. Penelitian dilakukan di Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada. Metode *sampling* yang digunakan adalah *convenient sampling* dengan subjek penelitian, yaitu 131 mahasiswa. Konsumsi probiotik diukur menggunakan *Semi Quantitative-Food Frequency Questionnaire* (SQ-FFQ) dan persentase lemak tubuh dengan pengukuran tebal lipatan kulit. Uji yang digunakan adalah *Chi-Square* dan *Rank Spearman*.

Hasil: Sebanyak 73,3% mahasiswa memiliki frekuensi sering dalam mengonsumsi probiotik dan 68,7% mahasiswa tergolong obesitas. Rata-rata asupan probiotik harian mahasiswa adalah 79,6 gram/hari dan rata-rata persentase lemak tubuh mahasiswa adalah 32,7%. Tidak ditemukan adanya hubungan antara frekuensi dengan persentase lemak tubuh mahasiswa ($p = 0,352$). Tidak terdapat hubungan antara asupan probiotik dengan persentase lemak tubuh mahasiswa ($p = 0,121$; $r = 0,136$).

Kesimpulan: Tidak terdapat hubungan antara konsumsi probiotik dengan persentase lemak tubuh pada mahasiswa di Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada.

Kata Kunci: Konsumsi Probiotik; Mahasiswa; Obesitas; Persentase Lemak Tubuh

THE ASSOCIATION BETWEEN PROBIOTIC CONSUMPTION AND BODY FAT PERCENTAGE AMONG STUDENTS AT THE FACULTY OF MEDICINE, PUBLIC HEALTH, AND NURSING UNIVERSITAS GADJAH MADA

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ABSTRACT

Background: Obesity is a condition characterized by excessive fat accumulation in the body, caused by an imbalance between food intake and energy expenditure through physical activity. The composition of gut microbiota, which plays a role in metabolism, is highly dependent on daily dietary intake. Probiotics are live microorganisms that can be consumed by humans and are found in various foods and beverages such as yogurt, kefir, kombucha, tempeh, cheese, and tapai. Probiotics can enrich beneficial bacteria and help maintain gut microbiota balance, thus potentially reducing the risk of obesity.

Objective: To examine the relationship between probiotic consumption and body fat percentage among students at the Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada.

Method: This study is an analytic observational study with a cross-sectional design conducted at the Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada. A convenient sampling technique was used, involving 131 student participants. Probiotic consumption was measured using a Semi Quantitative-Food Frequency Questionnaire (SQ-FFQ), and body fat percentage was assessed through skinfold thickness measurements. The Chi-Square and Spearman's Rank correlation tests were employed for data analysis.

Results: A total of 73,3% of students frequently consumed probiotics and 68,7% were classified as obese. The average daily intake of probiotics among students was 79,6 grams/day, with an average body fat percentage of 32,7%. There was no significant relationship between the frequency of probiotic consumption and body fat percentage ($p = 0,352$). Likewise, no significant relationship was found between probiotic intake and body fat percentage ($p = 0,121$; $r = 0,136$).

Conclusion: There is no significant relationship between probiotic consumption and body fat percentage among students at the Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada.

Keywords: Probiotic Consumption; College Students; Obesity; Body Fat Percentage