

HUBUNGAN ANTARA SEDENTARY LIFESTYLE, SCREEN TIME, DAN EMOTIONAL EATING DENGAN PERSENTASE LEMAK TUBUH PADA MAHASISWA

Ummul Hafizhoh¹, Emy Huriyati², Digna Niken Purwaningrum³

INTISARI

Latar Belakang: Perubahan gaya hidup menjadi sedentari terjadi akibat rendahnya aktivitas fisik individu sehingga menyebabkan perubahan metabolisme dalam tubuh, salah satunya lemak. Paparan *screen time* yang berlebihan juga memberi kontribusi terhadap persentase lemak tubuh karena memberikan efek kurangnya aktivitas fisik sehari-hari. Selain itu tingginya tingkat *emotional eating* berdampak pada peningkatan lemak dalam tubuh yang disebabkan konsumsi makanan berlebih dalam keadaan emosional.

Tujuan: Mengetahui hubungan antara *sedentary lifestyle*, *screen time*, dan *emotional eating* dengan persentase lemak tubuh

Metode: Penelitian ini merupakan penelitian observasional dengan desain *cross-sectional*. Sampel yang dikumpulkan sebanyak 115 subjek berusia 18-22 tahun dengan teknik *purposive sampling*. Analisis bivariat menggunakan uji *chi-square*. Pengukuran tingkat *sedentary lifestyle* menggunakan *Sedentary Behavior Questionnaire* (SBQ), pengukuran *screen time* menggunakan kuesioner, dan *emotional eating* menggunakan *Dutch Eating Behavior Questionnaire* (DEBQ). Persentase lemak tubuh diukur menggunakan alat *Bioelectrical Impedance Analysis* (BIA) Omron Karada Scan HBF 375 dan mikrotoa.

Hasil: Sebagian besar subjek (79,1%) memiliki persentase lemak tubuh yang tergolong normal. Sebanyak 44,3% tergolong dalam tingkat *sedentary lifestyle* yang rendah. Mayoritas subjek (88,7%) memiliki tingkat *screen time* yang tinggi. Proporsi *emotional eating* relatif seimbang antara kategori rendah (46%) dan kategori tinggi (54%). Hasil analisis bivariat menunjukkan tidak terdapat hubungan signifikan antara *sedentary lifestyle* ($p= 0,783$), *screen time* ($p= 0,605$), dan *emotional eating* ($p= 0,978$) dengan persentase lemak tubuh.

Kesimpulan: Tidak terdapat hubungan yang signifikan secara statistik antara *sedentary lifestyle*, *screen time*, dan *emotional eating* dengan persentase lemak tubuh pada mahasiswa yang menjadi subjek penelitian ini.

Kata Kunci: Persentase lemak tubuh; *sedentary lifestyle*; *screen time*; *emotional eating*; remaja

¹ Mahasiswa Program Studi Gizi Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada

² Dosen Departemen Gizi Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada

³ Dosen Departemen Biostatistik, Epidemiologi, dan Kesehatan Populasi Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada

THE RELATIONSHIP BETWEEN SEDENTARY LIFESTYLE, SCREEN TIME, AND EMOTIONAL EATING WITH BODY FAT PERCENTAGE AMONG UNIVERSITY STUDENTS

Ummul Hafizhoh¹, Emy Huriyati², Digna Niken Purwaningrum³

ABSTRACT

Background: Lifestyle changes toward a sedentary pattern are caused by low physical activity, which can affect the body's metabolism, including fat accumulation. Excessive screen time contributes to increased body fat percentage by reducing daily physical activity. Additionally, a high level of emotional eating may lead to increased body fat due to overeating during emotional states.

Objective: To determine the relationship between sedentary lifestyle, screen time, and emotional eating with body fat percentage.

Methods: This study was an observational study with a cross-sectional design. A total of 115 participants aged 18-22 years were selected using purposive sampling. Bivariate analysis was conducted using the chi-square test. Sedentary lifestyle was measured using the Sedentary Behavior Questionnaire (SBQ), screen time was assessed using a screen time questionnaire, and emotional eating was measured using the Dutch Eating Behavior Questionnaire (DEBQ). Body fat percentage was measured using the Omron Karada Scan HBF 375 Bioelectrical Impedance Analysis (BIA) device and microtoise.

Results: The majority of participants (79.1%) had a normal body fat percentage. Total of 44.3% were categorized as having a low level of sedentary lifestyle. Most participants (88.7%) had a high level of screen time. The proportion of emotional eating was relatively balanced between low (46%) and high (54%) categories. Bivariate analysis showed no statistically significant relationship between sedentary lifestyle ($p=0.783$), screen time ($p=0.605$), and emotional eating ($p=0.978$) with body fat percentage.

Conclusion: There was no statistically significant relationship between sedentary lifestyle, screen time, and emotional eating with body fat percentage among university students who participated in this study.

Keywords: Body fat percentage; sedentary lifestyle; screen time; emotional eating; adolescent

¹ Student at Department of Nutrition, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada

² Lecturer at Department of Nutrition, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada

³ Lecturer at Department of Biostatistics, Epidemiology, and Population Health, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada