

HUBUNGAN ASUPAN *ULTRA-PROCESSED FOOD* (UPF) DENGAN KUALITAS DIET DAN KOMPOSISI LEMAK TUBUH PADA PASIEN *POLYCYSTIC OVARY SYNDROME* (PCOS) DI YOGYAKARTA

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ABSTRAK

Latar Belakang: *Polycystic Ovary Syndrome* (PCOS) merupakan gangguan endokrin yang umum pada wanita usia reproduksi dan sering disertai gangguan metabolik, termasuk peningkatan persentase lemak tubuh dan akumulasi lemak viseral. Pola konsumsi *ultra-processed food* (UPF) yang tinggi berkaitan dengan penurunan kualitas diet dan berpotensi memengaruhi status gizi serta komposisi lemak tubuh. Meskipun hubungan konsumsi UPF dan kualitas diet telah banyak diteliti, kajian yang mengaitkan asupan UPF dengan komposisi lemak tubuh pada pasien PCOS masih terbatas, khususnya di Indonesia. Oleh karena itu, penelitian ini bertujuan menganalisis hubungan asupan UPF dengan kualitas diet serta komposisi lemak tubuh pada pasien PCOS di wilayah Yogyakarta.

Tujuan: Untuk mengetahui hubungan antara asupan *ultra-processed food* (UPF) dengan kualitas diet dan komposisi lemak tubuh pada pasien *Polycystic Ovary Syndrome* (PCOS) di Yogyakarta.

Metode: Penelitian analitik observasional dengan desain cross-sectional ini melibatkan 88 pasien PCOS di Yogyakarta (RSUP Dr. Sardjito, RSKIA Sadewa, dan Komunitas PCOS Fighter). Data asupan *ultra-processed food* (UPF) dikumpulkan melalui kuesioner SQ-FFQ tervalidasi, kualitas diet diukur dengan indeks DQI-I, dan komposisi lemak tubuh dinilai menggunakan alat BIA. Analisis data dilakukan dengan uji Chi-Square, Independent T-Test, dan korelasi Spearman setelah melewati uji normalitas Kolmogorov Smirnov-Z.

Hasil: Rata-rata asupan UPF responden adalah $19,3 \pm 12,1\%$ total energi/hari. Mayoritas responden memiliki kualitas diet tinggi (76,1%) dan lemak viseral normal (80,7%), tetapi 67,0% tergolong *overfat*. Analisis korelasi menunjukkan hubungan negatif signifikan antara asupan UPF dan kualitas diet ($r = -0,278$; $p = 0,009$). Namun, tidak ditemukan hubungan signifikan antara asupan UPF dengan persentase lemak tubuh ($p = 0,194$) maupun level lemak viseral ($p = 0,396$).

Kesimpulan: Terdapat hubungan negatif yang signifikan antara asupan UPF dengan kualitas diet pada pasien PCOS di Yogyakarta yang mengindikasikan bahwa semakin tinggi asupan UPF, kualitas diet cenderung semakin rendah. Namun, asupan UPF tidak menunjukkan hubungan yang signifikan dengan komposisi lemak tubuh, baik pada indikator persentase lemak tubuh maupun level lemak viseral.

Kata Kunci: UPF, kualitas diet, komposisi lemak tubuh, PCOS

ASSOCIATION BETWEEN ULTRA-PROCESSED FOOD (UPF) CONSUMPTION WITH DIET QUALITY AND BODY FAT COMPOSITION IN POLYCYSTIC OVARY SYNDROME (PCOS) PATIENTS IN YOGYAKARTA

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ABSTRACT

Background: Polycystic Ovary Syndrome (PCOS) is a prevalent endocrine disorder among women of reproductive age, frequently associated with metabolic disturbances, including elevated body fat percentage and visceral fat accumulation. High consumption of ultra-processed food (UPF) is correlated with decreased diet quality and potentially impacts nutritional status and body fat composition. While the link between UPF consumption and diet quality has been extensively documented, research investigating the association between UPF intake and body fat composition specifically in PCOS patients remains limited, particularly in Indonesia. Therefore, this study aims to evaluate the association between UPF intake and diet quality, as well as body fat composition, among PCOS patients in Yogyakarta.

Objective: To determine the association between UPF intake and diet quality as well as body fat composition among patients with PCOS in Yogyakarta.

Methods: This observational analytic study with a cross-sectional design enrolled 88 PCOS patients in Yogyakarta (RSUP Dr. Sardjito, RSKIA Sadewa, and Komunitas PCOS Fighter). UPF intake data were collected via interviews using a validated SQ-FFQ for the past three months, diet quality was assessed using the DQI-I index, and body fat composition was measured using Bioelectrical Impedance Analysis (BIA). Data analysis was performed using Chi-Square, Independent T-Test, and Spearman's Rank Correlation following normality testing via the Kolmogorov-Smirnov Z test.

Results: The mean UPF intake among respondents was $19,3 \pm 12,1\%$ of total daily energy. The majority of respondents exhibited high diet quality (76.1%) and normal visceral fat levels (80.7%), although 67.0% were categorized as overfat. Correlation analysis revealed a significant negative association between UPF intake and diet quality ($r = -0,278$; $p = 0,009$). However, no significant associations were found between UPF intake and body fat percentage ($p = 0,194$) or visceral fat levels ($p = 0,396$).

Conclusion: There is a significant negative association between UPF intake and diet quality among PCOS patients in Yogyakarta, indicating that higher UPF consumption is associated with lower diet quality. Conversely, UPF intake does not demonstrate a significant association with body fat composition, including both body fat percentage and visceral fat levels.

Keywords: UPF, diet quality, body fat composition, PCOS