UNIVERSITAS
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**HUBUNGAN ANTARA PERSEPSI TERKAIT SUSTAINABLE HEALTHY DIET DENGAN TINGKAT STRES DAN STATUS GIZI
MAHASISWA PENDIDIKAN SARJANA FAKULTAS KEDOKTERAN, KESEHATAN MASYARAKAT, DAN KEPERAWATAN UNIVERSITAS
GADJAH MADA**
Alfando Tin'al Inso Ode, Prof. Dr. Siti Helmyati, DCN, M.Kes; Dr. dr. Prima Dhewi Ratrikaningtyas, M.Biotech.
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INTISARI

HUBUNGAN ANTARA PERSEPSI TERKAIT SUSTAINABLE HEALTHY DIET DENGAN TINGKAT STRES DAN STATUS GIZI MAHASISWA PENDIDIKAN SARJANA FAKULTAS KEDOKTERAN, KESEHATAN MASYARAKAT, DAN KEPERAWATAN UNIVERSITAS GADJAH MADA

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Latar Belakang: Prevalensi *overweight* dan obesitas di Daerah Istimewa Yogyakarta serta tingkat stres pada mahasiswa terus mengalami peningkatan. Salah satu pendekatan yang berpotensi mengatasi kedua masalah tersebut adalah *Sustainable Healthy Diet (SHD)*, yaitu pola makan yang mendukung kesehatan sekaligus keberlanjutan lingkungan. Persepsi individu terhadap *SHD* diduga memengaruhi perilaku makan, status gizi, dan kesehatan mental. Namun, penelitian mengenai hubungan persepsi SHD dengan status gizi dan tingkat stres pada mahasiswa di Indonesia masih terbatas.
Tujuan: Mengetahui hubungan antara persepsi terkait *SHD* dengan tingkat stres dan status gizi pada mahasiswa pendidikan sarjana FK-KMK UGM.
Metode: Penelitian dengan desain *cross-sectional* dilakukan pada 88 mahasiswa sarjana FK-KMK UGM angkatan 2022–2025 yang dipilih menggunakan *quota sampling*. Persepsi *SHD* diukur menggunakan *SALSA Questionnaire*, tingkat stres menggunakan *DASS*-21, dan status gizi berdasarkan Indeks Massa Tubuh (IMT). Analisis data menggunakan *Chi-Square* dan regresi logistik ordinal dengan tingkat kemaknaan $\alpha<0,1$.
Hasil: Berdasarkan uji bivariat, tidak terdapat hubungan signifikan antara persepsi terkait *SHD* dengan tingkat stres ($p = 0,996$) dan status gizi mahasiswa ($p = 0,136$). Berdasarkan uji multivariat regresi logistik dengan metode langkah mundur diketahui variabel yang paling dominan berhubungan dengan tingkat stres adalah partisipasi kegiatan ekstrakurikuler (Exp (B) = 2,625) dan variabel paling dominan berhubungan dengan status gizi adalah persepsi terkait *SHD* (Exp (B) = 0,468).
Kesimpulan: Tidak terdapat hubungan yang signifikan antara persepsi terkait *Sustainable Healthy Diet* dengan tingkat stres dan status gizi mahasiswa.
Kata kunci: *Sustainable Healthy Diet*, persepsi, status gizi, tingkat stres, mahasiswa.

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ABSTRACT

THE ASSOCIATION BETWEEN PERCEPTIONS OF SUSTAINABLE HEALTHY DIET, STRESS LEVELS, AND NUTRITIONAL STATUS AMONG UNDERGRADUATE STUDENTS OF THE FACULTY OF MEDICINE, PUBLIC HEALTH, AND NURSING, UNIVERSITAS GADJAH MADA

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Background: The prevalence of overweight and obesity in the Special Region of Yogyakarta, as well as stress levels among university students, has continued to increase. One approach that has the potential to address these issues is the Sustainable Healthy Diet (SHD), a dietary pattern that promotes both human health and environmental sustainability. Individuals' perceptions of SHD are believed to influence dietary behaviors, nutritional status, and mental health. However, studies investigating the association between SHD perceptions, nutritional status, and stress levels among university students in Indonesia remain limited.
Objective: To determine the association between perceptions of Sustainable Healthy Diet, stress levels, and nutritional status among undergraduate students of the Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada.
Methods: A cross-sectional study was conducted among 88 undergraduate students of the Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada, from the 2022–2025 cohorts, selected using quota sampling. Perceptions of SHD were assessed using the SALSA Questionnaire, stress levels were measured using the Depression Anxiety Stress Scale-21 (DASS-21), and nutritional status was determined based on Body Mass Index (BMI). Data were analyzed using the Chi-square test and ordinal logistic regression, with a significance level of $\alpha < 0.10$.
Results: Bivariate analysis showed no significant association between perceptions of SHD and stress levels ($p = 0.996$) or nutritional status ($p = 0.136$). Multivariate ordinal logistic regression using the backward elimination method revealed that participation in extracurricular activities was the factor most strongly associated with stress levels ($Exp(B) = 2.625$), while perceptions of SHD were the factor most strongly associated with nutritional status ($Exp(B) = 0.468$).
Conclusion: There was no significant association between perceptions of Sustainable Healthy Diet and either stress levels or nutritional status among undergraduate students.
Keywords: Sustainable Healthy Diet, perception, nutritional status, stress level, university students.

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