

ABSTRAK

Latar Belakang: Masa remaja merupakan masa peralihan yang rentan mengalami gangguan tidur. Ketidakadekuatan tidur pada remaja menyebabkan munculnya kondisi *excessive daytime sleepiness* (EDS) yang ditandai dengan rasa mengantuk berlebih di siang hari. Gizi lebih merupakan salah satu penyebab kondisi EDS namun tidak menutup kemungkinan kondisi tersebut dapat dialami oleh remaja bergizi normal. Penelitian mengenai perbedaan gambaran EDS pada remaja gizi lebih dan gizi normal belum pernah dilakukan.

Tujuan: Untuk mengetahui perbedaan gambaran EDS pada remaja gizi lebih dan gizi normal di Kota Yogyakarta

Metode Penelitian: Desain penelitian ini adalah *cross-sectional* dengan jumlah sampel 454 siswa kelas 2 SMP dengan rentang usia 13-15 tahun. Penentuan kelompok gizi lebih dan gizi normal dinyatakan dengan *z-score* IMT/Usia yang dianalisis menggunakan WHO *Antro*. Gambaran kondisi EDS dilihat menggunakan *The Cleveland Adolescents Sleepiness Questionnaire* (CASQ). Data dianalisis dengan uji *mann-whitney*.

Hasil: Jumlah siswa bergizi normal lebih (63.9%) banyak dibandingkan siswa bergizi lebih (36.1%). Kelompok gizi lebih memiliki nilai tengah, nilai maksimum dan minimum dari skor EDS yang lebih tinggi (Me= 48.0; min-max= 31.0-67.0) daripada kelompok gizi normal (Me=39; min-max=19.0-60.0). Dari hasil uji *mann-whitney* didapat hasil perbedaan yang bermakna terkait kondisi EDS pada kedua kelompok penelitian ($p < 0.001$).

Kesimpulan: terdapat perbedaan yang signifikan terkait gambaran tingkat EDS antara kelompok remaja gizi lebih dan gizi normal di Kota Yogyakarta. Kelompok gizi lebih memiliki kecenderungan EDS yang lebih tinggi dibandingkan remaja gizi normal.

Kata Kunci: *excessive daytime sleepiness*, gizi lebih, remaja

ABSTRACT

Background: Overweight and obesity in childhood and adolescence has long-term consequences such as sleep disorder. Sleep disorder commonly is characterized by drowsiness during the day that is called as excessive daytime sleepiness (EDS). EDS negatively affects health status, mental health, productivity, and safety. Adolescents who are suffering EDS was reported irritability, lack of anger control and has a high risk for substance abuse. Despite overnutrition has its correlation with EDS, adolescents with normal nutrition also have the possibility of suffering EDS due to schoolwork burden or gadget misuse.

Objective: To compare the excessive daytime sleepiness of overnutrition and normal nutrition in adolescents in Yogyakarta Region.

Method: This research was descriptive comparative research using cross-sectional design with a sample size of 454 respondents with an age range of 13-15 years. Respondents were grouped based on their BMI/age z-score which is analyzed by WHO Antro. The Cleveland Adolescents Sleepiness Questionnaire (CASQ) was employed for assessment of the daytime sleepiness in adolescents. Data were analyzed using the Mann Whitney test due to the abnormality of data distributed.

Result: Respondents in group normal nutrition were higher prevalence (63.9%) than respondents in group overnutrition (36.1%). Median, maximum and minimum values of overnutrition group were higher (Me = 48.0; min-max = 31.0-67.0) than the normal nutrition group (Me = 39; min-max = 19.0-60.0). From the results of the Mann-Whitney test, the results of the differences were significantly related to EDS conditions in the two study groups ($p < 0.001$).

Conclusion: There were significant differences in EDS among overnutrition and normal nutrition adolescents. The overnutrition group was a tendency for suffering EDS.

Keywords: adolescence, excessive daytime sleepiness, overnutrition