

Association Between Depressive Symptoms and Nutrition Status Among Adults Aged 18 – 60 Years Old: Analysis of IFLS 2014 – 2015

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ABSTRACT

Background : Depressive disorders are becoming more prevalent among people worldwide, including among Indonesian people. Previous studies have found that depressive symptoms are associated with nutrition status, but those findings are still inconsistent. The association between depressive symptoms and nutrition status needs to be known to determine the possibility of incorporating depressive symptoms as one of the psychological aspects to be assessed in treating nutrition status problems.

Objective : To determine the association between depressive symptoms and nutrition status and waist-to-hip ratio in adults aged 18–60 years old.

Method : This study has a cross-sectional observational quantitative design. Analyzed data were obtained from 26.169 adults aged 18 – 60 years old who participated in The Fifth Wave of The Indonesian Family Life Survey 2014 – 2015 (IFLS 5). Depressive symptoms were assessed using the 10-item Center for Epidemiologic Studies Depression Scale (CESD-10) while nutrition status was assessed based on body mass index (BMI). Univariate analyses were conducted using two-tailed independent t-test while bivariate analyses were conducted using Chi-Square test and Spearman's Rank Correlation test.

Results : The majority of subjects has mild depressive symptoms (76,64%) with an average score of $6,39 \pm 4,82$ and normal nutrition status (56,02%) with an average BMI of $23,66 \pm 4,47 \text{ kg/m}^2$. The average of waist-to-hip ratio in middle-aged adults is $0,91 \pm 0,06$ and most of them are at risk of developing metabolic disease (70,95%). Weak negative associations between depressive symptoms and nutrition status are found in general, in men, and in women both in young adults and in middle-aged adults ($p < 0,05$). Weak negative associations between depressive symptoms and waist-to-hip ratio are also found in middle-aged adults in general, in men, and in women ($p < 0,05$).

Conclusion : Depressive symptoms are weakly associated with nutrition status in adults aged 18–60 years old both men and women and also weakly associated with waist-to-hip ratio in adults aged 40 – 60 years old both men and women.

Keywords : depressive symptoms, nutrition status, waist-to-hip ratio

Hubungan Gejala Depresi dengan Status Gizi Pada Dewasa Berusia 18 – 60 Tahun: Analisis Data IFLS 2014 – 2015

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INTISARI

Latar Belakang : Gangguan depresi semakin hari semakin banyak diderita penduduk dunia, termasuk penduduk Indonesia. Penelitian sebelumnya menemukan bahwa gangguan depresi berhubungan dengan status gizi, namun hubungan tersebut masih inkonsisten. Hubungan gejala depresi dengan status gizi perlu diketahui untuk mengetahui kemungkinan gejala depresi sebagai aspek psikologis yang dipertimbangkan dalam penanganan permasalahan status gizi.

Tujuan Penelitian : Mengetahui hubungan gejala depresi dengan status gizi dan rasio lingkaran pinggang-panggul pada dewasa berusia 18–60 tahun.

Metode Penelitian : Penelitian memiliki rancangan kuantitatif observasional potong lintang (*cross-sectional*) terhadap data The Fifth Wave of The Indonesian Family Life Survey tahun 2014 – 2015 (IFLS 5). Terdapat 26.169 individu berusia 18 – 60 yang diteliti. Gejala depresi dinilai dengan Center for Epidemiologic Studies Depression Scale 10 item (CESD-10) dan status gizi dinilai dengan indeks massa tubuh (IMT). Analisis univariat dilakukan dengan *independent t-test* secara *two-tailed* sementara analisis bivariat dilakukan dengan uji Chi-Square dan uji Spearman's Rank Correlation.

Hasil Penelitian : Sebagian besar subjek memiliki gejala depresi ringan (76,64%) dengan rata-rata skor $6,39 \pm 4,82$ serta status gizi normal (56,02%) dengan rata-rata IMT $23,66 \pm 4,47 \text{ kg/m}^2$. Rata-rata RLPP dewasa madya $0,91 \pm 0,06$ dan sebagian besar dewasa madya berisiko mengalami penyakit metabolik (70,95%). Ditemukan hubungan negatif yang lemah antara gejala depresi dengan status gizi baik secara umum, pada laki-laki, maupun pada perempuan pada dewasa muda dan dewasa madya ($p < 0,05$). Hubungan antara gejala depresi dengan tingkat risiko terkena penyakit metabolik berdasarkan RLPP pada dewasa madya tahun juga dijumpai lemah baik secara umum, pada laki-laki, maupun pada perempuan ($p < 0,05$).

Kesimpulan : Gejala depresi berhubungan negatif lemah dengan status gizi pada dewasa berusia 18 – 60 tahun baik laki-laki maupun perempuan serta berhubungan negatif lemah dengan RLPP pada dewasa berusia 40 – 60 tahun baik laki-laki maupun perempuan.

Kata Kunci: gejala depresi, status gizi, rasio lingkaran pinggang-panggul