

INTISARI

Hubungan Durasi dan Kualitas Tidur terhadap Indeks Massa Tubuh Individu Dewasa di Kota Yogyakarta

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Latar Belakang: prevalensi obesitas dewasa di kota-kota besar Indonesia mengalami peningkatan, salah satunya terjadi di Yogyakarta. Terdapat banyak faktor yang berkontribusi terhadap kejadian obesitas, salah satunya adalah durasi dan kualitas tidur. Durasi tidur pendek dan kualitas tidur buruk berakibat pada penurunan hormon leptin dan asupan energi berlebih yang berefek pada obesitas.

Tujuan: mengetahui hubungan antara durasi dan kualitas tidur terhadap indeks massa tubuh individu dewasa di Kota Yogyakarta.

Metode: studi observasional dengan metode *cross-sectional*. Subjek penelitian berjumlah 263 orang dewasa di Kota Yogyakarta. Data durasi dan kualitas tidur menggunakan instrumen kuesioner PSQI Bahasa Indonesia tervalidasi. Data personal, IMT, asupan energi dan aktivitas fisik adalah data sekunder. Analisis data dilakukan univariat dalam bentuk distribusi frekuensi. Analisis bivariat berupa uji korelasi *Spearman's rho* dengan variabel kontrol asupan energi dan aktivitas fisik.

Hasil: mayoritas orang dewasa di Kota Yogyakarta mengalami durasi tidur kurang (54,4%) dan kualitas tidur buruk (59,7%). Status gizi dewasa kebanyakan tergolong IMT normal (37,3%). Setelah dikontrol dengan variabel perancu, durasi tidur berhubungan negatif bermakna dengan IMT ($r=-0,182$, $p=0,003$). Kualitas tidur berhubungan positif signifikan dengan IMT ($r=0,144$, $p=0,020$).

Kesimpulan: durasi tidur pendek dan kualitas tidur buruk berhubungan dengan indeks massa tubuh yang tinggi pada individu dewasa di Yogyakarta ($p<0,05$).

KATA KUNCI: durasi tidur, kualitas tidur, indeks massa tubuh, dewasa

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ABSTRACT

The Association Sleep Duration and Sleep Quality toward Adults' Body Mass Index in Yogyakarta

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Background: the prevalence of adult obesity in Indonesia is increasing, especially in Yogyakarta. Some of obesity contributing factors are sleep duration and sleep quality. Short and poor sleep affect to lower leptin hormone and higher energy intake that will lead to obesity.

Objective: this study evaluated association sleep durasi and sleep quality toward adults' body mass index in Yogyakarta.

Methods: observational study with cross-sectional method was used in this study. 263 adults in Yogyakarta participated as subject. Validated PSQI Questionnaire in Bahasa Indonesia were used as instrument to measure sleep duration and sleep quality. Personal data, BMI, energy intake and physical activity were secondary data. Output of univariat data analysis was frequency distribution. Bivariate analysis is tested by *Spearman's rho* correlation test with energy intake and physical activity as controlling variable.

Result: the majority of adults in Yogyakarta are categorized as short sleep duration (54.4%) and poor sleep quality (59.7%). Nutritional status of adults mostly classified as normal BMI (37.3%). After adjustment for the confounders, sleep duration was inversely associated with BMI ($r = -0.182$, $p = 0.003$). Sleep quality was positively associated with BMI ($r = 0.144$, $p = 0.020$).

Conclusion: shorter sleep duration and poorer sleep quality were associated with higher adults' BMI in Yogyakarta ($p < 0,05$).

KEYWORD: sleep duration, sleep quality, body mass index, adults

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