

KORELASI PERILAKU MAKAN DENGAN TEBAL LIPATAN KULIT PADA MAHASISWA UNIVERSITAS TEKNOLOGI YOGYAKARTA

ABSTRAK

Latar Belakang: Angka kejadian obesitas semakin meningkat setiap tahun. Perilaku makan menjadi salah satu faktor kuat pencetus obesitas. Perubahan perilaku makan akan berdampak pada penumpukan lemak subkutan yang dapat diketahui dari ukuran tebal lipatan kulit (TLK).

Tujuan: mengetahui korelasi perilaku makan dengan tebal lipatan kulit dan kategori persentase lemak tubuh pada mahasiswa Universitas Teknologi Yogyakarta (UTY).

Metode: Dilakukan penelitian *cross sectional* dengan subjek 146 mahasiswa UTY, 73 pria dan 73 wanita, berusia 18-24 tahun. Perilaku makan diukur dengan *the Eating Habits Questionnaire* (EHQ). TLK yang diukur adalah trisep, bisep, suprascapula, abdominal, betis, suprailiaka, supraspinale. Analisis data menggunakan tes Mann-Whitney dan uji korelasi Spearman untuk mengetahui hubungan antara perilaku makan dengan kategori persentase lemak tubuh (PLT) dan TLK.

Hasil: Pada mahasiswa perempuan terdapat korelasi signifikan antara skala pengukuran *weight concern* ($r=0,364;p<0,05$) dan skor total EHQ ($r=0,305;p<0,05$) dengan kategori PLT. Terdapat korelasi signifikan antara skala pengukuran *weight concern* ($r=0,178;p<0,05$) dan total skor perilaku makan ($r=0,213;p<0,01$) dengan TLK pada total subjek mahasiswa.

Kesimpulan: Pada mahasiswa perempuan skala pengukuran *weight concern* dan skor total EHQ berkorelasi positif dengan kategori PLT. Pada total subjek mahasiswa, skala pengukuran *weight concern* dan total skor perilaku makan berkorelasi positif dengan TLK.

Kata kunci: obesitas; tebal lipatan kulit; perilaku makan; *Eating Habits Questionnaire*

CORRELATION BETWEEN EATING BEHAVIOUR AND SKINFOLD IN TECHNOLOGY UNIVERSITY OF YOGYAKARTA UNDERGRADUATE

ABSTRACT

Background: Prevalence of obesity has been increased by years. Eating behaviour has become one of strong factors trigger obesity. The change of eating behaviour will affect the amount of subcutaneous fat which can be measured by skinfold thickness.

Objective: to know the correlation between eating behaviour, body fat percentage category, and skinfold thickness in Yogyakarta Technology University (UTY) undergraduates

Method: Cross sectional study has been done in 146 students at Technology University of Yogyakarta, 73 males and 73 females, aged 18-24 years old. Eating Behaviour was measured with the Eating Habits Questionnaire (EHQ). Skinfold thickness was measured at triceps, biceps, suprascapula, abdominal, calf, suprailiac, and supraspinale skinfold. The results were analyzed using Mann Whitney and Spearman correlation test to find the correlation between eating behaviour, body fat percentage (%BF) category, and skinfold thickness.

Results: There was significant correlation between weight concern subscale ($r=0,364;p<0,05$), total EHQ score ($r=0,305;p<0,05$) and %BF category in female. There was significant correlation between weight concern subscale ($r=0,178;p<0,05$), eating behaviour total score ($r=0,213;p<0,01$) and skinfold thickness in total students.

Conclusion: In female students, weight concern subscale and eating behaviour total score correlated positively with %BF category. In total students, weight concern subscale and eating behaviour total score correlated positively with skinfold thickness

Keywords: obesity; skinfolds; eating behaviour; *Eating Habits Questionnaire*