ABSTRAK

Latar belakang: Peningkatan prevalensi obesitas di negara maju dan berkembang cukup mengkhawatirkan. Masalah nutrisi pada mahasiswa perlu mendapat perhatian. Beberapa penelitian menunjukkan pengukuran persentase lemak tubuh (PLT) mengukur massa lemak lebih baik dibanding indeks massa tubuh (IMT), sehingga dapat memprediksi resiko obesitas.
Tujuan: Tujuan dari penelitian ini untuk mengetahui status nutrisi mahasiswa berdasarkan persentase lemak tubuh, prevalensi obesitas dan mengetahui hubungan antara status nutrisi dengan perilaku makan pada mahasiswa Fakultas Kedokteran Universitas Gadjah Mada.
Metode: Penelitian ini dilakukan pada 184 mahasiswa (47 laki-laki dan 137 perempuan) di Fakultas kedokteran Universitas Gadjah Mada (FK UGM). PLT didapatkan dari perhitungan rumus Durnin & Womersley dari total 4 tebal lipatan kulit (trisep, bisep, subskapula, suprailliaka) dan perilaku makan dari kuisioner *Eating Habit Questionnaire* (EHQ). Analisis statistik dilakukan dengan uji *independent t-test, Chi Square*, korelasi bivariat Pearson, dan Spearman.
Hasil Penelitian: Mahasiswa laki-laki dengan status nutrisi berat tubuh berlebih 25,5% dan obesitas 19,1%. Sedangkan pada mahasiswa perempuan, berat tubuh berlebih 36,5% dan obesitas 32,8%. Analisis Pearson antara PLT dengan perilaku makan menunjukkan pada mahasiswa laki-laki tidak ada korelasi yang bermakna sedangkan pada mahasiswa perempuan terdapat korelasi yang bermakna ($r=0,358$; $p<0,01$). Analisis korelasi Spearman antara status nutrisi dengan nilai total EHQ menunjukkan tidak terdapat korelasi yang bermakna pada mahasiswa laki-laki, sedangkan pada mahasiswa perempuan terdapat korelasi yang bermakna ($r=0,381$; $p<0,01$).
Kesimpulan: Hampir 50% mahasiswa pada penelitian ini berstatus nutrisi berat tubuh berlebih. Terdapat hubungan antara perilaku makan dengan status nutrisi berdasarkan persentase lemak tubuh pada perempuan, namun tidak bermakna pada laki-laki di FK UGM

KATA KUNCI: mahasiswa, persentase lemak tubuh (PLT), Eating Habit Questionnaire (EHQ), status nutrisi, obesitas.

ABSTRACT

Background: The increasing prevalence of obesity in developed and developing country is quite alarming. Student nutrition problems in need of attention. Some research suggests the measurement of body fat percentage (BFP) better measure fat mass than body mass index (BMI), which can predict the risk of obesity.
Objectives: The purpose of this study was to determine the nutritional status of students is based on the percentage of body fat, the prevalence of obesity and investigate the relationship between nutritional status with the eating behavior of the students of the Faculty of Medicine, University of Gadjah Mada.
Methods: The study was conducted on 184 students (47 male and 137 female) in the medical faculty of the University of Gadjah Mada (UGM). PLT obtained from the calculation formula Durnin & Womersley from a total of 4 thick skin folds (triceps, biceps, subscapula, suprailliaca) and eating behavior questionnaire Eating Habit Questionnaire (EHQ). Statistical analysis was performed by an independent test t-test, Chi Square, bivariate correlations Pearson and Spearman.
Results: Male student had nutritional status of overweight (25,5%) and obese (19,1%). While female students 36,5% was overweight and 32, 8% was obese. Analysis of Pearson between the BFP with eating behavior showed male students had no significant correlation whereas female students had was a significant correlation ($r=0,358$; $p<0,01$). Spearman correlation analysis between nutritional status with a total value EHQ showed no significant correlation in male students, while in female students there was a significant correlation ($r=0.381$; $p<0,01$).
Conclusions: Nearly 50% of the students in this study nutritional status of excess body weight. There is a relationship between eating behavior with nutritional status based on the percentage of body fat in women, but not significant in males in the Faculty

KEYWORDS: students, the percentage of body fat (BFP), Eating Habit Questionnaire (EHQ), nutritional status, obesity.