

ABSTRAK



Latar belakang: Gaya hidup Ketofastosis gabungan dari diet ketogenik dengan pola makan karbohidrat rendah, tinggi lemak dan protein serta melakukan intermittent fasting yang diduga dapat menurunkan berat badan. Prevalensi obesitas di Indonesia terus meningkat dari tahun 2013-2018. Faktor lain yang dapat mempengaruhi penurunan berat badan yaitu aktivitas fisik dan kebiasaan berolahraga.

Tujuan: Untuk mengetahui apakah ada hubungan antara asupan zat gizi makro, aktivitas fisik, kebiasaan berolahraga dengan berat badan pada anggota komunitas ketofastosis.

Metode: Penelitian ini menggunakan desain penelitian cross-sectional. Populasi penelitian adalah anggota komunitas ketofastosis sebanyak 181 orang. Sampel penelitian sebanyak 40 orang yang dipilih dengan menggunakan purposive sampling. Data penelitian ini meliputi data karakteristik responden, asupan zat gizi makro menggunakan formulir food record dan food recall, aktivitas fisik menggunakan kuesioner PAL (physical Activity Level), kebiasaan berolahraga menggunakan kuesioner Baecke dan berat badan diukur menggunakan alat timbangan badan. Data dianalisis menggunakan uji korelasi Rank Spearman.

Hasil: Seluruh responden memiliki riwayat asupan karbohidrat kurang sebesar 100%, sebagian besar memiliki riwayat asupan protein kurang sebesar 50%, asupan lemak lebih sebesar 45%. Sebagian besar responden memiliki riwayat aktivitas fisik ringan sebesar 35% dan aktif berolahraga sebesar 77,5%. Responden yang memiliki berat badan ideal 50%, berat badan kurang 7,5%, dan berat badan lebih 42,5% kategori berat badan normal dengan nilai 90-110%, berat badan kurang dengan nilai <90%, berat badan lebih dengan nilai >110% berdasarkan perhitungan berat badan ideal menggunakan rumus Broca. Ada hubungan yang signifikan antara asupan lemak dengan berat badan ($p=0,028$) dengan ($r=-0,347^*$) semakin tinggi asupan lemak maka berat badan semakin rendah.

Simpulan: Ada hubungan antara asupan lemak dengan berat badan pada anggota komunitas Ketofastosis.

Kata Kunci : Asupan zat gizi makro, aktivitas fisik, kebiasaan berolahraga, berat badan, ketofastosis

ABSTRACT



Background: *Combined Ketofastosis lifestyle from a ketogenic diet with a diet low in carbohydrates, high in fat and protein and intermittent fasting which is thought to reduce body weight. The prevalence of obesity in Indonesia continues to increase from 2013-2018. Other factors that can affect body weight include physical activity and exercise habits.*

Objectives: *To find out whether there is a relationship between macro nutrient intake, physical activity, exercise habits and body weight in members of the Ketofastosis community.*

Methods: *This research used a cross-sectional research design. The study population was a member of the Ketofastosis community as many as 181 people. The research sample consisted of 40 people who were selected using purposive sampling. The data of this study included data on the characteristics of respondents, intake of macro nutrients using the food record and food recall form, physical activity using the PAL (Physical Activity Level) questionnaire, exercise habits using the Baecke questionnaire and body weight is measured using a weighing device. Data were analyzed using the Spearman Rank correlation test.*

Results: *All respondents had a history of 100% less carbohydrate intake, most had a history of less protein intake by 50%, and a 45% excess fat intake. Most of the respondents had a history of light physical activity by 35% and active exercise of 77.5%. Respondents who had an ideal body weight of 50%, less body weight were 7.5%, and overweight were 42.5% in the normal weight category. 90-110%, underweight with a value of <90%, overweight with a value of > 110% based on the calculation of ideal body weight using the Broca formula. There was a significant relationship between fat intake and body weight ($p = 0.028$) and ($r = -0.347 *$) the higher the fat intake, the lower the body weight.*

Conclusion: *There is a relationship between fat intake and body weight in members of the Ketofastosis community.*

Keywords : *Macronutrient intake, physical activity, exercise habits, body weight, ketofastosis.*