

ABSTRAK

HUBUNGAN *EMOTIONAL EATING*, TINGKAT KECUKUPAN ENERGI, ZAT GIZI MAKRO SERTA AKTIVITAS FISIK DENGAN KEJADIAN OBESITAS PADA PNS SAAT *WORK FROM HOME* (WFH) DI MASA PANDEMI *COVID-19*

VI Bab, 114 Halaman, 21 Tabel, 2 Gambar

Latar Belakang: Kebijakan PPKM Darurat yang sedang diberlakukan membuat PNS harus bekerja secara WFH (*Work From Home*) di dalam rumah dengan duduk secara terus-menerus dalam waktu yang relatif lama, sehingga aktifitas fisiknya rendah serta dapat meningkatkan kebiasaan makan yang dapat berisiko terhadap kejadian obesitas.

Tujuan: Untuk mengetahui hubungan antara *emotional eating*, tingkat kecukupan energi, zat gizi makro serta aktivitas fisik dengan kejadian obesitas pada PNS saat WFH di masa pandemi *COVID-19*.

Metode: Jenis penelitian ini menggunakan rancangan kuantitatif dengan desain *cross sectional*. Sampel penelitian berjumlah 33 orang dengan teknik *purposive sampling* dengan analisis data menggunakan uji *Chi-Square*. Penelitian ini menggunakan EEQ (*Emotional eating questionnaire*), Food Recall 2x24 jam serta PAL (*Physical Activity Level*) 2x24 jam. Pengukuran antropometri menggunakan timbangan dan *microtoise* yang dilakukan secara daring.

Hasil Penelitian: Hasil penelitian menunjukkan mayoritas umur responden 26 – 35 tahun (72,7%) dan berjenis kelamin perempuan (69,7%) serta berstatus menikah (66,7%). Sebanyak 66,7% responden tidak mengalami obesitas, 66,7% responden memiliki *emotional eating* sedang, 45,5% responden memiliki kecukupan konsumsi energi kurang, 42,2% responden memiliki kecukupan protein kurang, 48,5% responden memiliki kecukupan lemak kurang, 66,7% responden memiliki kecukupan karbohidrat kurang serta sebanyak 78,8% responden memiliki aktivitas fisik kategori ringan.

Kesimpulan: Tidak terdapat hubungan yang signifikan ($pV > 0,05$) antara *emotional eating*, tingkat kecukupan energi, zat gizi makro serta aktivitas fisik

dengan kejadian obesitas pada PNS saat *Work From Home* (WFH) di masa pandemi *COVID-19*.

Kata Kunci: *Emotional eating*, tingkat kecukupan zat gizi, kejadian obesitas, WFH, pandemi Covid-19, PNS

Daftar Bacaan: 54 (2011 – 2021)

ABSTRACT

THE RELATIONSHIP OF EMOTIONAL EATING, LEVEL OF ENERGY ADEQUACY, MACRO NUTRITION AND PHYSICAL ACTIVITIES WITH OBESITY EVENTS IN PNS DURING WORK FROM HOME (WFH) DURING THE COVID-19 PANDEMIC

VI Chapter, 114 Pages, 21 Tables, 2 Pictures

Background: The Emergency PPKM policy that is being implemented makes civil servants have to work WFH (Work From Home) at home by sitting continuously for a relatively long time, so that their physical activity is low and can improve eating habits that can be at risk of obesity.

Objective: To determine the relationship between emotional eating, energy adequacy levels, macronutrients and physical activity with the incidence of obesity in civil servants during Work From Home (WFH) during the COVID-19 pandemic.

Methods: This type of research uses a quantitative design with a cross sectional design. The research sample amounted to 33 people with purposive sampling technique with data analysis using the Chi-Square test. This study uses EEQ (Emotional eating questionnaire), Food Recall 2x24 hours and PAL (Physical Activity Level) 2x24 hours. Anthropometric measurements using scales and microtoise are carried out online.

Results: The results showed that the majority of respondents were 26-35 years old (72.7%) and female (69.7%) and married (66.7%). A total of 66.7% of respondents are not obese, 66.7% of respondents have moderate emotional eating, 45.5% of respondents have insufficient energy consumption, 42.2% of respondents have insufficient protein, 48.5% of respondents have insufficient fat , 66.7% of respondents have less carbohydrate adequacy and as many as 78.8% of respondents have light physical activity category.

Conclusion: There is no significant relationship ($pV>0.05$) between emotional eating, energy adequacy levels, macronutrients and physical activity with the incidence of obesity in civil servants when working from home (WFH) during the COVID-19 pandemic.

Keywords: Emotional eating, nutritional adequacy level, incidence of obesity, WFH, Covid-19 pandemic, PNS

Reading List: 54 (2011 – 2021)

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