

## ABSTRAK



UNIVERSITAS ESA UNGGUL  
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SKRIPSI, 2022

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**HUBUNGAN ASUPAN ZAT GIZI MAKRO, VITAMIN B, GAYA HIDUP SEDENTARI DAN GANGGUAN KECEMASAN PADA MAHASISWA DI KELURAHAN KADEMANGAN KECAMATAN SETU**

**Latar Belakang:** Mahasiswa termasuk kelompok usia yang sensitif mengalami kesehatan mental, salah satunya kecemasan. Beberapa faktor seperti asupan zat gizi makro, vitamin B dan gaya hidup sedentari dapat memengaruhi terjadinya kecemasan pada mahasiswa.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan asupan zat gizi makro, vitamin B, gaya hidup sedentari dan gangguan kecemasan pada mahasiswa yang berdomisili di Tangerang Selatan.

**Metode:** Jenis penelitian kuantitatif dengan desain *cross sectional*. Penelitian dilakukan pada bulan Juli-Agustus 2022. Jumlah sampel sebanyak 60 orang mahasiswa di wilayah Kelurahan Kademangan, Kecamatan Setu, Tangerang Selatan yang diambil dengan metode purposive sampling. Pengambilan data asupan zat gizi makro melalui wawancara menggunakan kuesioner *recall 2 x 24 jam*, asupan serat dan vitamin B menggunakan kuesioner SQ-FFQ, data gaya hidup sedentari menggunakan *Sedentary Behavior Questionnaire*, dan data kecemasan menggunakan *Hamilton Anxiety Rating Scale*. Data dianalisis dengan uji korelasi *Rank Spearman*.

**Hasil:** Hasil penelitian sebagian besar asupan zat gizi makro, vitamin B berada dalam kategori kurang, rata-rata gaya hidup sedentari pada hari biasa dan hari libur  $\leq 6$  jam/hari, dan kecemasan sebagian besar dalam kategori kecemasan ringan. Hasil penelitian ini menunjukkan bahwa tidak ada hubungan asupan zat gizi makro (protein  $p = 0,395$ , lemak  $p = 0,512$ , karbohidrat  $p = 0,056$ , dan serat  $p = 0,327$ ), asupan vitamin B (vitamin B6  $p = 0,456$ , vitamin B9  $p = 0,736$ , vitamin B12  $p = 0,469$ ) dan gaya hidup sedentari ( $p = 0,887$ ) dengan gangguan kecemasan.

**Kesimpulan:** Tidak ada hubungan asupan zat gizi makro, vitamin B, gaya hidup sedentari dengan gangguan kecemasan.

**Kata kunci:** gaya hidup sedentari; kecemasan; mahasiswa; vitamin B; zat gizi makro

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ESA UNGGUL UNIVERSITY  
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SKRIPSI, 2022

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**RELATIONSHIP BETWEEN MACRONUTRIENT INTAKE, VITAMIN B,  
SEDENTARY LIFESTYLE AND ANXIETY DISORDERS IN COLLEGE  
STUDENTS IN KELURAHAN KADEMANGAN, SETU DISTRICT**

**Background:** College students are a sensitive age group experiencing mental health, one of which is anxiety. Several factors such as intake of macronutrients, B vitamins and a sedentary lifestyle can affect the occurrence of anxiety in college students.

**Objective:** This study aims to determine the relationship between macronutrient intake, B vitamins, sedentary lifestyle and anxiety disorders in college students who live in South Tangerang.

**Methods:** This type of research is quantitative with a cross sectional design. The study was conducted in July-August 2022. The number of samples was 60 college students in the Kademangan Village area, Setu District, South Tangerang, which were taken by purposive sampling method. Data were collected on macronutrient intake through interviews using a 2 x 24 hour recall questionnaire, fiber and B vitamins intake using the SQ-FFQ questionnaire, sedentary lifestyle data using the Sedentary Behavior Questionnaire, and anxiety data using the Hamilton Anxiety Rating Scale. Data were analyzed by Spearman Rank correlation test.

**Results:** The results of the study were most of the intake of macronutrients, vitamin B was in the less category, the average sedentary lifestyle on weekdays and holidays was 6 hours/day, and most of the anxiety was in the category of mild anxiety. The results of this study showed that there was no relationship between intake of macronutrients (protein  $p = 0.395$ , fat  $p = 0.512$ , carbohydrates  $p = 0.056$ , and fiber  $p = 0.327$ ), vitamin B intake (vitamin B6  $p = 0.456$ , vitamin B9  $p = 0.736$ , vitamin B12  $p = 0.469$ ) and a sedentary lifestyle ( $p = 0.887$ ) with anxiety disorders.

**Conclusion:** There is no relationship between intake of macronutrients, B vitamins, sedentary lifestyle with anxiety disorders.

**Keywords:** sedentary lifestyle; anxiety; college students; B vitamins; macronutrients