

ABSTRAK

HUBUNGAN FREKUENSI KONSUMSI *JUNK FOOD*, STATUS GIZI DAN TINGKAT STRES DENGAN FUNGSI KOGNITIF MAHASISWA INDEKOS PASCA PANDEMI COVID 19

VI Bab, 104 Halaman, 9 Tabel, 3 Gambar, 7 Lampiran

Latar Belakang : Fungsi kognitif merupakan kemampuan untuk melakukan hal yang mencakup proses belajar, memberikan perhatian, berfikir, mengingat, dan menggunakan bahasa. Kemampuan kognitif yang optimal sangat dibutuhkan bagi mahasiswa untuk menghadapi beban kerja dalam kuliah seperti tuntutan pencapaian nilai dan tugas perkuliahan. Penurunan fungsi kognitif pada mahasiswa indekos disebabkan oleh banyak faktor diantaranya frekuensi konsumsi *junk food*, status gizi, serta tingkat stres.

Tujuan : Untuk mengetahui hubungan frekuensi konsumsi *junk food*, status gizi dan tingkat stres dengan fungsi kognitif mahasiswa indekos pasca pandemi COVID 19.

Metode Penelitian : Rancangan penelitian adalah *cross-sectional study* dengan jumlah responden 50 orang mahasiswa indekos. Pengambilan data dilakukan dengan menggunakan kuesioner FFQ, (PSS) *Perceived Stress Scale*, (MoCA-Ina) *Montreal Cognitive Assessment* Indonesia dan pengukuran antropometri. Analisis data menggunakan uji *chi-square*.

Hasil Penelitian : Dari penelitian ini didapatkan bahwa karakteristik responden berdasarkan jenis kelamin mayoritas perempuan sebanyak 56 %. Usia responden yaitu berkisar antara 19-23 tahun. Karakteristik responden berdasarkan jurusan kuliah yaitu sebanyak (78%) kesehatan. Jenis kosan responden dalam penelitian sebanyak (74 %) merupakan jenis kosan single room. Uang saku sebulan responden mayoritas (27%) yaitu 1.000.000 – 1.500.000. Karakteristik responden berdasarkan tingkatan semester sebanyak 21% responden ialah seorang mahasiswa tingkat akhir (semester 7 dan 8).

Hasil uji statistik hubungan menunjukkan terdapat hubungan yang signifikan antara frekuensi konsumsi *junk food* (0,013), status gizi (0,002), tingkat stres terhadap fungsi kognitif (0,040) menunjukkan adanya hubungan yang signifikan ($p \leq 0,05$) terhadap fungsi kognitif.

Kesimpulan : Ada hubungan frekuensi konsumsi *junk food* terhadap fungsi kognitif, ada hubungan status gizi terhadap fungsi kognitif, ada hubungan antara tingkat stres terhadap fungsi kognitif.

Kata Kunci : Frekuensi konsumsi *junk food*, Status Gizi, Tingkat stres, Fungsi kognitif

ABSTRACT

THE RELATIONSHIP OF JUNK FOOD CONSUMPTION FREQUENCY, NUTRITIONAL STATUS AND STRESS LEVEL WITH COGNITIVE FUNCTIONS OF POST COVID-19 PANDEMIC STUDENTS

VI Chapters, 104 Pages, 9 Tables, 3 Pictures, 7 Appendices

Background: Cognitive function is the ability to do things that include the learning process, paying attention, thinking, remembering, and using language. Optimal cognitive abilities are needed for students to deal with workloads such as at school and at school. The decline in cognitive function in index students was caused by many factors including the frequency of consumption of junk food, nutritional status, and stress levels.

Objective: To determine the relationship between the frequency of consumption of junk food, nutritional status and stress levels with the cognitive function of boarding house students after the COVID 19 pandemic.

Methods: The research design is a cross-sectional study with the number of respondents being 50 index students. Data were collected using the FFQ questionnaire, (PSS) Perceived Stress Scale, (MoCA-Ina) Montreal Cognitive Assessment Indonesia and anthropometric measurements. Data analysis using chi-square test.

Results: From this study it was found that the characteristics of respondents based on gender were found to be 56%. The age of the respondents ranged from 19-23 years. characteristics of respondents based on college majors as much as (78%) health. The type of boarding house of respondents in the study (74%) is a type of single room boarding house. The respondent's monthly allowance is 27%) which is 1,000,000 – 1,500,000. Characteristics of respondents based on semester level as much as 21% of respondents are final year students (semesters 7 and 8).

The results of statistical tests showed a significant relationship between the frequency of consumption of junk food (0.013), nutritional status (0.002), stress level to cognitive function (0.040) indicating a significant relationship ($p \leq 0.05$) to cognitive function.

Conclusion : There is a relationship between the frequency of consumption of junk food on cognitive function, there is a relationship between nutritional status and cognitive function, and there is a relationship between stress levels and cognitive function.

Keywords: Frequency of consumption of junk food, nutritional status, stress level, cognitive function