

ABSTRAK



UNIVERSITAS ESA UNGGUL
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HUBUNGAN KONSUMSI PANGAN DAN DURASI SCREEN TIME DENGAN STATUS GIZI MAHASISWA DI UNIVERSITAS ESA UNGGUL

Latar Belakang: Masalah gizi pada remaja sebagian besar terkait dengan faktor gaya hidup, terutama keputusan pemilihan makanan, kebiasaan makan dan aktivitas fisik. Saat ini, mahasiswa cenderung memiliki waktu lebih sedikit untuk berolahraga dan menghabiskan lebih banyak waktu untuk aktivitas sedentary atau screen time dengan perangkat elektronik. Akibat gaya hidup sedentari dengan berbagai perubahan gaya hidup, asupan yang dikonsumsi juga berperan pada status gizi mahasiswa. Pengaruh konsumsi pangan terhadap status gizi berkaitan dengan keragaman jenis kelompok pangan yang dikonsumsi serta tingkat kecukupan zat gizi yang dianjurkan.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan antara konsumsi pangan dan durasi screen time dengan status gizi pada mahasiswa di Universitas Esa Unggul.

Metode: Desain penelitian adalah cross sectional. Tempat penelitian dilakukan di Universitas Esa Unggul. Penelitian dilakukan pada bulan Juni 2023. Sampel didapat sebanyak 112 dengan teknik proportional stratified random sampling. Data dikumpulkan dengan wawancara menggunakan kuesioner karakteristik responden, kuesioner Semi Quantitative Food Frequency Questionnaire (SQ-FFQ),

Individual Dietary Diversity Score (IDDS), Questionnaire for Screen time of Adolescents (QueST). Analisis statistik menggunakan uji Chi-Square.

Hasil: Uji Chi-Square menunjukkan variabel yang berhubungan dengan status gizi berdasarkan IMT adalah energi ($p=0,000$), karbohidrat ($p=0,008$), lemak ($p=0,033$) dan screen time ($p=0,005$). Variabel yang tidak berhubungan dengan status gizi berdasarkan IMT adalah protein ($p=0,393$) dan keragaman kelompok pangan ($p=0,1$). Variabel yang berhubungan dengan status gizi berdasarkan persen lemak tubuh adalah energi ($p=0,002$). Variabel yang tidak berhubungan dengan status gizi berdasarkan persen lemak tubuh adalah karbohidrat ($p=0,176$), lemak ($p=0,764$), protein ($p=0,501$). Screen time ($p=0,060$) dan keragaman kelompok pangan ($p=0,696$).

Kesimpulan: Ada hubungan antara energi, karbohidrat, lemak dan screen time dengan status gizi berdasarkan IMT. Tidak ada hubungan antara protein dan keragaman kelompok pangan dengan status gizi berdasarkan IMT. Ada hubungan antara energi dengan status gizi berdasarkan persen lemak tubuh. Tidak ada hubungan antara karbohidrat, lemak, protein. Screen time dan keragaman kelompok pangan dengan status gizi berdasarkan persen lemak tubuh.

KATA KUNCI: Keragaman Kelompok Pangan, Tingkat Kecukupan Zat Gizi Makro, Screen Time, IMT, Persen Lemak Tubuh

ABSTRACT



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RELATIONSHIP BETWEEN FOOD CONSUMPTION AND SCREEN TIME DURATION WITH THE NUTRITIONAL STATUS OF STUDENTS AT ESA SUPERIOR UNIVERSITY

Background: Nutritional problems in adolescents are largely related to lifestyle factors, especially food selection decisions, eating habits and physical activity. Nowadays, university students tend to have less time to exercise and spend more time on sedentary activities or screen time with electronic devices. Due to the sedentary lifestyle with various lifestyle changes, the intake consumed also plays a role in the nutritional status of college students. The influence of food consumption on nutritional status is related to the diversity of food groups consumed and the recommended level of nutrient adequacy.

Objective: This study aims to determine the relationship between food consumption and screen time duration with nutritional status in students at Esa Unggul University.

Methods: The research design is cross sectional. The research was conducted at Esa Unggul University. The research was conducted in June 2023. The sample was obtained as many as 112 with proportional stratified random sampling technique. Data were collected by interview using a respondent characteristics questionnaire, Semi Quantitative Food Frequency Questionnaire (SQ-FFQ), Individual Dietary Diversity Score (IDDS), Questionnaire for Screen time of Adolescents (QueST). Statistical analysis using Chi-Square test.

Results: Chi-Square test showed that the variables associated with nutritional status based on BMI were energy ($p=0.000$), carbohydrate ($p=0.008$), fat ($p=0.033$) and screen time ($p=0.005$). Variables that were not associated with nutritional status based on BMI were protein ($p=0.393$) and food group diversity ($p=0.1$). The variable associated with nutritional status based on percent body fat is energy ($p=0.002$). Variables that were not associated with nutritional status based on percent body fat were carbohydrate ($p=0.176$), fat ($p=0.764$), protein ($p=0.501$). Screen time ($p=0.060$) and food group diversity ($p=0.696$).

Conclusion: There is a relationship between energy, carbohydrate, fat and screen time with nutritional status based on BMI. There is no relationship between protein and food group diversity with nutritional status based on BMI. There is a relationship between energy and nutritional status based on percent body fat. There is no relationship between carbohydrate, fat, protein. Screen time and food group diversity with nutritional status based on percent body fat.

Keywords: Diversity of food consumption, Macronutrient Adequacy Level, Screen Time, BMI, Percent Body Fat