

ABSTRAK

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HUBUNGAN KEBIASAAN KONSUMSI *ULTRA-PROCESSED FOOD* DAN AKTIVITAS FISIK DENGAN KEJADIAN *OVERWEIGHT* PADA MAHASISWA GIZI D3 TINGKAT 2 POLTEKKES KEMENKES SURABAYA
1x + (120 halaman) + (10 tabel) + (9 lampiran)

Overweight merupakan satu problematika kesehatan berbasis gizi yang semakin meningkat pada populasi umur produktif awal, termasuk mahasiswa. Pergeseran kebiasaan dan perilaku sehari-hari selama masa perkuliahan memiliki andil besar terhadap perubahan konsumsi pangan dan aktivitas fisik mahasiswa. Masifnya asupan yang berlebihan pada *Ultra-Processed Food* (UPF) serta minimnya aktivitas fisik diduga berkontribusi terhadap terjadinya *overweight*. Studi ini dimaksudkan untuk menganalisis hubungan kebiasaan konsumsi *Ultra-Processed Food* (UPF) dan tingkat aktivitas fisik dengan kejadian *overweight* pada D3 Gizi Tingkat 2 Poltekkes Kemenkes Surabaya.

Pendekatan *cross-sectional* digunakan sebagai desain penelitian, dengan melibatkan sampel sebanyak 82 responden yang ditentukan melalui teknik *Stratified Random Sampling*.

Data konsumsi UPF diperoleh memanfaatkan *Semi Quantitative Food Frequency Questionnaire* (SQ-FFQ), aktivitas fisik memanfaatkan *International Physical Activity Questionnaire* (IPAQ), dan status gizi diukur dengan Indeks Massa Tubuh (IMT). Uji statistik dijalankan menggunakan uji Spearman. Output analisis data mengindikasikan bahwa 61,0% responden memiliki kebiasaan konsumsi UPF kategori sangat sering, 52,4% teridentifikasi tingkat aktivitas fisik sedang, dan 29,3% mengalami *overweight*. Hasil uji Spearman membuktikan adanya hubungan antara konsumsi UPF dengan kejadian *overweight* ($p=0,002$), sedangkan aktivitas fisik tidak berhubungan dengan kejadian *overweight* ($p=0,816$). Kesimpulan penelitian ini adalah terdapat hubungan antara konsumsi UPF dengan kejadian *overweight*, namun tidak terdapat hubungan antara aktivitas fisik dengan kejadian *overweight*.

Kata kunci : Ultra-Processed Food, aktivitas fisik, overweight, mahasiswa
Daftar Bacaan : 2 Buku + 43 Jurnal (2018-2025)

ABSTRACT

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THE RELATIONSHIP BETWEEN ULTRA-PROCESSED FOOD CONSUMPTION HABITS AND PHYSICAL ACTIVITY WITH OVERWEIGHT INCIDENCE AMONG SECOND YEAR D3 NUTRITION STUDENTS POLTEKKES KEMENKES SURABAYA.

1x + (120 pages) + (10 tables) + (9 appendices)

Overweight is a nutritional problem that continues to increase among young adults, including college students. Lifestyle changes during college years may influence students' dietary patterns and physical activity profiles. Excessive dietary intake of Ultra-Processed Food (UPF) and low physical activity are postulated to be contribute to the occurrence of overweight. The present study was undertaken to asses the relationship among UPF intake habits, physical activity levels, and overweight among second-year students of the Diploma III Nutrition Program at Poltekkes Kemenkes Surabaya.

This empipical word employed a cross-sectional design involving 82 students recruited through a stratified random sampling technique.

Data on UPF consumption were obtained through the administration of a Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ), while physical activity data were obtained using the International Physical Activity Questionnaire (IPAQ). Nutritional status was classified in accordance on Body Mass Index (BMI). The collected data were subjected to analysis via the Spearman correlation test. The findings indicate that 61.0% of respondents had a very frequent UPF consumption habit, 52.4% demonstrated an intermediate level of physical activity, and 29.3% were overweight. Spearman bivariate correlation indicated a meaningful association between UPF consumption and overweight ($p = 0.002$), whereas physical activity showed a negligible relationship with overweight ($p = 0.816$). In summary, the empirical evidence confirms a robust association between UPF consumption and overweight among students. However, apperead to be entirely independent of between physical activity and overweight.

Keywords: Ultra-Processed Food, physical activity, overweight, students
References: 2 Books + 43 Journal (2018-2025)