

**Konsumsi *Ultra-Processed Food* Dengan Masalah Kesehatan Mental Pada Mahasiswa:
*Literature Review***

Ninggartama Ainaya Pinanda¹, Etika Ratna Noer¹, Dewi Marfu'ah Kurniawati¹, Adriyan Pramono¹

ninggartama.pinanda99@gmail.com

ABSTRAK

Mahasiswa cenderung mengonsumsi *ultra-processed food* karena praktis dan rasa yang enak. Namun, peningkatan konsumsi *ultra-processed food* berhubungan dengan indikator kesehatan mental dan memengaruhi status kesehatan mental melalui sejumlah jalur interaksi. Telaah pustaka ini merangkum beberapa jurnal yang bertujuan untuk melihat hubungan konsumsi *ultra-processed food* dengan kesehatan mental pada mahasiswa. Konsumsi *ultra-processed food* memiliki secara tidak langsung mempengaruhi kesehatan mental selain menjadi salah satu perilaku yang dapat menyebabkan terjadinya obesitas. Meskipun terdapat penelitian yang menyatakan tidak adanya hubungan konsumsi *ultra-processed food* dengan kesehatan mental, namun *ultra-processed food* merupakan makanan yang tinggi kalori namun rendah akan zat gizi penting yang berperan pada fungsi kognitif dan kesehatan mental.

Kata Kunci : konsumsi *ultra-processed food*, masalah kesehatan mental, depresi, kecemasan, mahasiswa

¹ Program Studi Ilmu Gizi, Fakultas Kedokteran, Universitas Diponegoro, Semarang.

Ultra-Processed Food Consumption with Mental Health Problems in College Students: Literature Review

Ninggartama Ainaya Pinanda¹, Etika Ratna Noer¹, Dewi Marfu'ah Kurniawati¹, Adriyan Pramono¹

ninggartama.pinanda99@gmail.com

ABSTRACT

College students tend to consume ultra-processed food because it is practical and tastes good. However, increased consumption of ultra-processed food is associated with mental health indicators and influences mental health status through a number of interaction pathways. This literature review summarizes several journals that aim to see the relationship between consumption of ultra-processed food and mental health in college students. Consuming ultra-processed food has an indirect influence on mental health apart from being one of the behaviors that can cause obesity. Even though there is research that states there is no relationship between consumption of ultra-processed food and mental health, ultra-processed food is food that is high in calories but low in important nutrients that play a role in cognitive function and mental health.

Keywords: consumption of ultra-processed food, mental health problems, depression, anxiety, students

¹ Nutritional Sciences Study Program, Faculty of Medicine, Diponegoro University, Semarang.