

Hubungan Pola Makan dengan Kejadian Depresi pada Remaja di Indonesia: Analisis Riset Kesehatan Dasar (Riskesdas) 2018

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ABSTRAK

Latar belakang: Depresi merupakan salah satu gangguan kesehatan jiwa dengan jumlah kasus terbanyak di dunia dan menjadi penyakit mental dengan beban penyakit tertinggi selama tiga dekade di Indonesia. Pola makan diduga menjadi salah satu faktor risiko depresi yang dapat dimodifikasi.

Tujuan: Menganalisis hubungan pola makan dengan kejadian depresi pada remaja di Indonesia.

Metode: Penelitian *cross-sectional* ini menggunakan data Riskesdas 2018 pada 74.524 remaja usia 15–19 tahun di Indonesia. Data depresi diambil menggunakan metode *Mini International Neuropsychiatric Interview* (MINI) dengan diagnosis berdasarkan kriteria *International Classification of Diseases* (ICD)-10 dan Pedoman Penggolongan dan Diagnosis Gangguan Jiwa (PPDGJ)-III. Adaptasi kuesioner *Food Frequency Questionnaire* (FFQ) digunakan untuk memperoleh data pola makan. Uji statistik dilakukan dengan *chi-square* dan regresi linear ganda.

Hasil: Depresi berhubungan positif dengan sering mengonsumsi makanan berlemak (laki-laki dengan *Odd Ratio* (OR) = 1,166; 95% *Confidence Interval* (CI): 1,022–1,331; perempuan dengan OR = 1,273; 95% CI: 1,150–1,409), makanan olahan berpengawet (OR = 1,240; 95% CI: 1,051–1,462; OR = 1,371; 95% CI: 1,220–1,540), dan makanan instan (OR = 1,356; 95% CI: 1,199–1,534; OR = 1,421; 95% CI: 1,295–1,561) setelah dikontrol variabel sosiodemografi, status kesehatan, dan gaya hidup.

Simpulan: Pola makan yang tidak sehat terutama konsumsi makanan berlemak, makanan olahan berpengawet, dan makanan instan berhubungan dengan peningkatan risiko depresi pada remaja di Indonesia. Sering mengonsumsi minuman berenergi hanya meningkatkan risiko pada remaja laki-laki; sedangkan sering mengonsumsi makanan manis, bumbu penyedap, dan minuman bersoda hanya meningkatkan risiko depresi remaja perempuan.

Kata kunci: pola makan, depresi, remaja, faktor risiko

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Dietary Patterns and Depression in Indonesian Adolescents: A Cross-Sectional Study of 2018 Indonesian Basic National Health Survey

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ABSTRACT

Background: Depression ranks among the most prevalent mental disorders globally. In Indonesia, it has been the leading cause of disease burden within mental disorder category for three consecutive decades. Current evidence suggests that diet represents as modifiable risk factor for depression.

Objective: To analyze the association between dietary patterns and depression in Indonesian adolescents.

Methods: The cross-sectional study analyzed data from the 2018 Indonesian Basic National Health Survey, involving 74,524 adolescents aged 15–19. Depression was assessed using International Classification of Diseases (ICD)-10 and Pedoman Penggolongan dan Diagnosis Gangguan Jiwa (PPDGJ)-III, evaluated with the structured MINI International Neuropsychiatric Interview (MINI). Dietary patterns were examined using Food Frequency Questionnaire (FFQ). Statistical analytics used chi-square and binary logistic regression methods.

Results: This study found that the consumption of fatty foods (boys OR = 1.166; 95% CI: 1.022–1.331; girls OR = 1.273; 95% CI: 1.150–1.409), processed meat products (OR = 1.240; 95% CI: 1.051–1.462; OR = 1.371; 95% CI: 1.220–1.540), and instant foods (OR = 1.356; 95% CI: 1.199–1.534; OR = 1.421; 95% CI: 1.295–1.561) ≥ 3 times/week is positively associated with depression in adolescents after adjusting for sociodemographic, health status, and lifestyle factors.

Conclusion: Unhealthy dietary patterns, including fatty foods, processed meat products, and instant foods, are linked to a higher risk of depression in adolescents. Energy drink consumption is associated with depression in boys, whereas intake of sugary foods, seasonings, and soft drinks is associated with depression in girls.

Keywords: dietary pattern, adolescents, depression, risk factor

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