

## **Hubungan *Night Eating Syndrome* (NES) dengan Lingkar Leher dan Lingkar Pinggang pada Mahasiswa**

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### **ABSTRAK**

**Latar Belakang:** *Night Eating Syndrome* (NES) merupakan sindrom yang berpotensi sebagai salah satu jenis makan menyimpang yang baru. NES umumnya terjadi diantara orang gemuk dan gangguan yang dialami terletak pada perubahan waktu asupan makanan serta mengalami gangguan tidur. Prevalensi kejadian NES banyak dilaporkan seiring dengan meningkatnya prevalensi obesitas.

**Tujuan:** Tujuan penelitian ini untuk menganalisis hubungan *Night Eating Syndrome* (NES) dengan lingkar leher dan lingkar pinggang pada mahasiswa.

**Metode:** Penelitian ini menggunakan desain studi potong lintang (*cross-sectional*). Populasi dalam penelitian ini adalah mahasiswa aktif sarjana Fakultas Kedokteran Universitas Diponegoro Kota Semarang usia 18-24 tahun dengan total sampel berjumlah 107 subjek. Data dianalisis menggunakan uji *chi-square* dan uji regresi logistik.

**Hasil:** NES pada mahasiswa di Fakultas Kedokteran Universitas Diponegoro sebesar 19,6% sedangkan non NES 80,4%. Hasil uji bivariat terdapat hubungan yang signifikan antara *Night Eating Syndrome* dengan lingkar leher ( $p=0,048$ ) dan lingkar pinggang ( $p=0,012$ ). Pada hasil uji multivariat terdapat hubungan yang signifikan antara *Night Eating Syndrome* dengan lingkar leher ( $p=0,014$ ).

**Simpulan:** Penelitian ini menunjukkan adanya hubungan *Night Eating Syndrome* (NES) dengan lingkar leher. Sedangkan tidak terdapat hubungan *Night Eating Syndrome* (NES) dengan lingkar pinggang pada mahasiswa di Fakultas Kedokteran Universitas Diponegoro.

**Kata Kunci:** *night eating syndrome*, obesitas, lingkar leher, lingkar pinggang, dewasa

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## Association of Night Eating Syndrome (NES) with Neck Circumference and Waist Circumference among Adults

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### ABSTRACT

**Background:** Night Eating Syndrome (NES) is a syndrome that potentially represents a new type of eating disorder. NES commonly occurs among obese individuals and is characterized by disruptions in meal timing and sleep disturbances. The prevalence of NES has been increasingly reported in parallel with the rising prevalence of obesity.

**Objective:** The objective of this study is to analyze the relationship between Night Eating Syndrome (NES) and neck circumference and waist circumference among university students.

**Methods:** This study employed a cross-sectional design. The population in this study consisted of active undergraduate students from the Faculty of Medicine at Diponegoro University in Semarang, aged 18-24 years, with a total sample size of 107 subjects. Data were analyzed using chi-square tests and logistic regression tests.

**Results:** The prevalence of Night Eating Syndrome (NES) among students in the Faculty of Medicine at Diponegoro University is 19.6%, while non-NES is 80.4%. The bivariate test results show a significant relationship between Night Eating Syndrome and neck circumference ( $p=0.048$ ) and waist circumference ( $p=0.012$ ). The multivariate test results show a significant relationship between Night Eating Syndrome and neck circumference ( $p=0.014$ ).

**Conclusion:** This study indicated a relationship between Night Eating Syndrome (NES) and neck circumference. However, there is no significant relationship between Night Eating Syndrome (NES) and waist circumference among students in the Faculty of Medicine at Diponegoro University.

**Keywords:** night eating syndrome, obesity, neck circumference, waist circumference, adult

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