

ABSTRAK

Necia Anggela Muspita

Latar belakang: Overweight dan obesitas merupakan masalah kesehatan global yang terus meningkat. Preferensi terhadap rasa berlemak, manis, dan asin diduga mendorong asupan berlebih melalui jalur hedonik, yaitu keinginan makan karena rasa enak meski tidak lapar, sehingga menyebabkan kelebihan energi.

Tujuan: Penelitian ini bertujuan untuk menganalisis hubungan antara preferensi rasa berlemak, manis, dan asin dengan asupan energi serta kejadian *overweight*/obesitas pada orang dewasa di Kecamatan Depati Tujuh, Kabupaten Kerinci.

Metode penelitian: Penelitian ini menggunakan desain cross-sectional dengan total 92 responden berusia 18–45 tahun yang dipilih secara purposive. Preferensi rasa diukur menggunakan kuesioner Pref-Quest yang telah disesuaikan dengan makanan lokal. Asupan energi dinilai melalui metode recall 3×24 jam dan dianalisis dengan perangkat lunak NutriSurvey. Status gizi ditentukan berdasarkan Indeks Massa Tubuh (IMT), dan faktor gaya hidup dikumpulkan melalui kuesioner. Analisis data dilakukan secara univariat, bivariat, dan multivariat dengan uji regresi logistik.

Hasil penelitian: Tidak ditemukan hubungan yang signifikan antara preferensi rasa berlemak, manis, dan asin dengan asupan energi ($p>0,05$). Namun, preferensi tinggi terhadap rasa asin ($p=0,002$; OR=7,76; CI 95%: 2,137–28,168) dan pola makan yang baik ($p=0,001$; OR=9,86; CI 95%: 2,644–36,768) memiliki hubungan yang signifikan dengan kejadian *overweight*/obesitas.

Simpulan: Preferensi rasa asin dan pola makan berhubungan signifikan dengan kejadian *overweight*/obesitas, namun tidak berhubungan dengan asupan energi harian. Hal ini menunjukkan bahwa preferensi rasa dapat mencerminkan kecenderungan konsumsi jangka panjang yang tidak selalu tercermin dalam asupan harian, tetapi berdampak pada status berat badan.

Kata kunci: Preferensi rasa, berlemak, manis, asin, asupan energi, *overweight*, obesitas

ABSTRACT

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Background: Overweight and obesity are global health problems that continue to increase. Preferences for fatty, sweet, and salty tastes are suspected to promote excessive intake through the hedonic pathway eating driven by pleasure rather than hunger leading to energy surplus.

Objective: This study aimed to analyze the relationship between preferences for fatty, sweet, and salty tastes with energy intake and the incidence of overweight/obesity among adults in Depati Tujuh Subdistrict, Kerinci Regency.

Methods: This research used a cross-sectional design involving 92 respondents aged 18–45 years, selected using purposive sampling. Taste preferences were assessed using the adapted Pref-Quest questionnaire based on local foods. Energy intake was measured using the 3×24-hour recall method and analyzed with NutriSurvey software. Nutritional status was determined using Body Mass Index (BMI), and lifestyle factors were collected through questionnaires. Data were analyzed using univariate, bivariate, and multivariate logistic regression.

Results: There was no significant association between taste preferences (fatty, sweet, and salty) and energy intake ($p>0.05$). However, a high preference for salty taste ($p=0.002$; OR=7.76; 95% CI: 2.137–28.168) and healthy eating patterns ($p=0.001$; OR=9.86; 95% CI: 2.644–36.768) were significantly associated with overweight/obesity.

Conclusion: Preference for salty taste and eating patterns were significantly associated with overweight/obesity, but not with daily energy intake. This suggests that taste preferences may reflect long-term dietary tendencies that are not always captured in daily intake, but can affect body weight status.

Keywords: Taste preference, fatty, sweet, salty, energy intake, overweight, obesity