

## ABSTRAK

**LATAR BELAKANG:** Prevalensi obesitas di Indonesia pada orang dewasa di tahun 2007 – 2023 terus mengalami peningkatan yaitu dari 10,5% meningkat menjadi 23,4%. Obesitas dapat memicu peningkatan risiko terjadinya penyakit degeneratif. Penyebab obesitas bersifat multifaktoral, namun penyebab obesitas yang memiliki peran penting yaitu pola makan dan gaya hidup.

**TUJUAN:** Untuk mengetahui dan menganalisis hubungan kualitas konsumsi pangan berdasarkan Alternative Healthy Eating Index, sedentary lifestyle, dan kualitas tidur dengan kejadian obesitas.

**METODE:** Penelitian ini menggunakan desain studi cross-sectional. Data AHEI diambil menggunakan SQ-FFQ, sedentary lifestyle menggunakan SBQ, kualitas tidur menggunakan PSQI, dan data obesitas diambil melalui pengukuran menggunakan BIA. Pengambilan data dilakukan di Wilayah Kerja Puskesmas Pegandan dan Puskesmas Bulu Lor, Kota Semarang pada bulan Februari 2024 dengan melibatkan 153 responden. Teknik sampling yang digunakan yaitu purposive sampling. Analisis bivariat menggunakan uji Fisher's Exact dan Chi-Square. Analisis multivariat menggunakan uji regresi logistik.

**HASIL:** Dari hasil penelitian didapatkan 99% responden memiliki skor AHEI rendah atau kualitas konsumsi pangan butuh perbaikan, 60.1% dan 57.5% responden memiliki tingkat sedentary lifestyle pada hari kerja dan akhir pekan yang tinggi, serta 54.2% responden memiliki kualitas tidur yang buruk. Hasil menunjukkan bahwa sedentary lifestyle pada hari kerja (OR=8.014) dan akhir pekan (OR=18.516) berhubungan dengan kejadian obesitas.

**KESIMPULAN:** Terdapat hubungan antara sedentary lifestyle pada hari kerja dan akhir pekan dengan kejadian obesitas, namun tidak terdapat hubungan antara AHEI dan kualitas tidur dengan kejadian obesitas.

**KATA KUNCI:** alternative healthy eating index, kejadian obesitas, kualitas tidur, sedentary lifestyle.

## ***ABSTRACT***

**BACKGROUND:** The prevalence of obesity in Indonesia among adults in 2007 - 2023 continued to increase, from 10,5% to 23,4%. Obesity can lead to an increased risk of degenerative diseases. The causes of obesity are multifactorial, but the causes of obesity that have an essential role are diet and lifestyle.

**OBJECTIVE:** To determine and analyze the relationship between the quality of food consumption based on the alternative healthy eating index, sedentary lifestyle, sleep quality, and the incidence of obesity.

**METHODS:** This research used a cross-sectional study design. AHEI data was taken using SQ-FFQ, sedentary lifestyle using SBQ, sleep quality using PSQI, and obesity data was taken through measurement using BIA. Data were collected in the working area of Puskesmas Pegandan and Puskesmas Bulu Lor, Semarang City in February 2024 involving 153 respondents. The sampling technique used was purposive sampling. The bivariate analysis used was the Chi-Square test, and the multivariate analysis used the logistic regression test.

**RESULTS:** From the results of the study, 99% of respondents had a low AHEI score or the quality of food consumption needed improvement, 60.1% and 57.5% of respondents had a high level of sedentary lifestyle on weekdays and holidays, and 54.2% of respondents had poor sleep quality. The results showed that sedentary lifestyle on weekday (OR=8.014) and weekend (OR=18.516) was associated with the incidence of obesity.

**CONCLUSION:** There is an association between sedentary lifestyle on weekday and weekend with the incidence of obesity, but there is no association between AHEI and sleep quality with the incidence of obesity.

**KEYWORDS:** alternative healthy eating index, incidence of obesity, sleep quality, sedentary lifestyle.