

## PERBEDAAN KUALITAS DIET PADA MAHASISWI DEPRESI DAN NON-DEPRESI

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### ABSTRAK

**Latar Belakang :** Gangguan depresi rentan terjadi pada usia remaja-dewasa muda dan memiliki prevalensi yang lebih besar pada perempuan. Penderita depresi dapat mengalami gejala perubahan nafsu makan dan kebiasaan makan akibat kondisi yang dialami, dimana hal ini berhubungan dengan kualitas diet.

**Tujuan :** Penelitian ini bertujuan untuk mengetahui perbedaan kualitas diet mahasiswa depresi dan non-depresi.

**Metode :** Penelitian ini merupakan penelitian *cross-sectional* yang melibatkan 40 mahasiswa Universitas Diponegoro berusia 19-24 tahun, bertempat tinggal kos, tidak menjalani diet, dan tidak memiliki riwayat sakit. Mahasiswa dibagi menjadi dua kelompok berdasarkan status depresi (BDI-II/*Beck Depression Inventory*) yang masing-masing berisikan 20 orang. Data yang diambil meliputi karakteristik subjek yang diambil melalui kuisioner *online*, asupan makan, aktivitas fisik, status gizi, dan gangguan menstruasi yang diambil melalui wawancara dan pengukuran secara langsung. Data diuji menggunakan *independent sample T-test*, *Mann Whitney-U*, dan *Chi-Square*.

**Hasil :** Tidak ditemukan perbedaan skor kualitas diet pada mahasiswa depresi dan non-depresi ( $p > 0,005$ ). Skor kualitas diet yang dimiliki kedua kelompok mahasiswa tergolong perlu ditingkatkan ( $\leq 76,2$ ), namun rerata skor kualitas diet mahasiswa depresi lebih rendah ( $35,26 \pm 6,90$ ) dibandingkan mahasiswa non-depresi ( $37,74 \pm 5,57$ ). Terdapat perbedaan skor komponen biji-bijian utuh ( $p = 0,015$ ) pada kedua kelompok, meski skor tersebut termasuk rendah.

**Kesimpulan :** Tidak ada perbedaan kualitas diet pada mahasiswa depresi dan non-depresi, dimana kualitas diet kedua kelompok tergolong dalam kategori perlu ditingkatkan.

**Kata Kunci :** depresi, kualitas diet.

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## DIFFERENCES IN DIET QUALITY BETWEEN DEPRESSED AND NON-DEPRESSED FEMALE STUDENTS

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### ABSTRACT

**Background :** Depressive disorders are more likely to occur in adolescents and young adults and have a greater prevalence in women. People with depression can experience symptoms of changes in appetite and eating habits due to their condition, which is related to the quality of the diet.

**Objective:** This study was aimed to determine the differences in diet quality between depressed and non-depressed female students.

**Methods :** This study was a cross-sectional study involving 40 Diponegoro University female students aged 19-24 years, who lived in boarding houses, were not on a diet, and had no history of illness. Female students were divided into two groups based on depression status (BDI-II/Beck Depression Inventory), each containing 20 people. The data collected was included subject characteristics taken through online questionnaires, and food intake, physical activity, nutritional status, and menstrual disorders taken through interviews and direct measurements. Data were analyzed by using tests of independent sample T-test, Mann Whitney-U, and Chi-Square.

**Results:** There was no significant difference in diet quality scores between depressed and non-depressed female students ( $p>0,005$ ). The diet quality score of both groups was classified as needing to be improved ( $\leq 76,2$ ), but the mean diet quality score of depressed female students was lower ( $35,26\pm 6,90$ ) than non-depressed female students ( $37,74\pm 5,57$ ). There was a difference in the score of the whole grain component ( $p=0,015$ ) in the two groups, although this score was low.

**Conclusion:** There was no difference in the quality of the diet between depressed and non-depressed female students, where the quality of the diets of both groups was in need of improvement category.

**Kata Kunci :** depression, diet quality.

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