# **ABSTRAK**

# **Hubungan *Screen-time* dan Kebiasaan Konsumsi *Ultra-processed Food* dengan Kejadian Obesitas Mahasiswa Pascapandemi**

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**Latar Belakang:** Obesitas dapat terjadi karena kurangnya aktivitas fisik yang kurang dan konsumsi energi yang berlebih. Kegiatan perkuliahan khususnya pada mahasiswa tingkat akhir yang dilakukan secara daring dapat memicu meningkatnya *screen-time* dan kebiasaan konsumsi *ultra-processed food* (UPF). UPF merupakan makanan-makanan yang pada proses pembuatannya ditambah zat aditif yang digunakan industri. Penelitian ini dilakukan dengan tujuan mengetahui hubungan antara *screen-time* dan konsumsi UPF dengan kejadian obesitas pada mahasiswa pasca pandemi.

**Metode:** Penelitian ini merupakan penelitian *cross-sectional* dengan 117 subjek penelitian yang masuk ke dalam kriteria inklusi dan diambil dengan *consecutive sampling*. Data yang dikumpulkan berupa data *screen-time*, asupan energi UPF, berat badan, tinggi badan, tingkat aktivitas fisik, serta jenis kelamin. Data yang diperoleh dianalisis dengan uji *Spearman Rho* dan uji multivariat regresi linier.

**Hasil:** Sebanyak 52,1% subjek memiliki aktivitas fisik yang kurang, 55,6% subjek memiliki status gizi tidak obesitas, dan seluruh responden memiliki *screen-time* yang tinggi. Terdapat hubungan antara *screen-time*  dengan kejadian obesitas (r=0,669, p= 0,00) dan terdapat hubungan antara konsumsi UPF dengan kejadian obesitas mahasiswa (r=0,535, p=0,00).

**Kesimpulan:** Terdapat hubungan antara screen-time dan konsumsi UPF terhadap kejadian obesitas pada mahasiswa pasca pandemi.

**Kata Kunci:** Mahasiswa, Obesitas, *Screen-time, Ultra-Processed Food*

# **ABSTRACT**

# **The Relationship between Screen-time and Ultra-Processed Food Consumption Habits with Obesity in Post-Pandemic Students**

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# **ABSTRACT**

**Background:** Obesity may occur due to a lack of physical activity and excess energy consumption. University students who do most of their activity online, especially final-year students, may trigger an increase in screen-time and ultra-processed food (UPF) consumption habits. UPF is a food group that in the manufacturing process adds additives exclusively used for industrial use. The study aims to determine the relationship between screen-time and UPF consumption with the incidence of obesity in post-pandemic college students**.**

**Methods**: The study was conducted with a cross-sectional design with 117 subjects who met the inclusion criteria and were taken by consecutive sampling. The data collected consisted of screen-time data, UPF energy intake, body weight and height, level of physical activity, and gender. The data obtained analyzed by Spearman Rho test and linear regression multivariate test.

**Results:** As many as 52.1% of subjects had low physical activity, 55.6% subjects had non-obese nutritional status, and all respondents had high screen-time. There is a relationship between screen-time and the incidence of obesity (r=0.669, p=0.00) and there is a relationship between UPF consumption and the incidence of student obesity (r=0.535, p=0.00).

**Conclusion:** There is a relationship between screen-time and UPF consumption on the incidence of obesity in post-pandemic students.

**Keywords:** College Student, Obesity, Screen-time, Ultra-Processed Food.