

Hubungan Asupan Makronutrien dan Status Merokok dengan Status Gizi pada Mahasiswi Universitas Diponegoro Kota Semarang

Alissa Rachmasanti¹, Adriyan Pramono¹, Nurmasari Widyastuti¹, Gemala Anjani¹

ABSTRAK

Latar Belakang: Status gizi menjadi salah satu aspek yang penting bagi mahasiswa untuk menempuh pendidikannya. Selain asupan makronutrien, merokok mampu memengaruhi status gizi melalui penekanan napsu makan dan peningkatan laju metabolisme.

Metode: Observasional analitik dengan pendekatan *cross sectional* yang dilakukan pada 59 mahasiswi di Universitas Diponegoro dengan teknik *consecutive sampling*. Data yang diambil berupa status merokok, berat badan, tinggi badan, *body image*, aktivitas fisik, dan asupan makronutrien. Data dianalisis menggunakan uji Rank Spearman dan dianalisis multivariat dengan *General Linear Model (GLM)*.

Hasil: Dari seluruh responden, 89,8% memiliki asupan karbohidrat defisit, 59,3% memiliki asupan lemak berlebih, 37,3% diantaranya memiliki asupan energi normal, dan 40,7% memiliki asupan protein normal. Responden dengan status gizi kurang (5%) dan gizi lebih (5%) sebagian besar merupakan perokok harian. Adanya hubungan yang signifikan antara asupan energi ($r= 0,266$; $p=0,042$) dan *body image* ($r= 0,621$; $p=0,000$) dengan status gizi. Namun, pada model multivariat hanya *body image* variabel yang paling berhubungan dengan status gizi ($p=0,000$)

Kesimpulan: Asupan energi dan *body image* memiliki hubungan signifikan dan searah dengan status gizi yakni seiring meningkatnya asupan energi dan skor *body image* mahasiswi maka nilai status gizi juga akan meningkat.

Kata Kunci: merokok, status gizi, asupan makronutrien, mahasiswi

¹ Departemen Gizi Fakultas Kedokteran Universitas Diponegoro, Semarang

Correlation between Macronutrient Intake and Smoking Habits with Nutritional Status in Diponegoro University Female Students, Semarang City

Alissa Rachmasanti¹, Adriyan Pramono¹, Nurmasari Widyastuti¹, Gemala Anjani¹

ABSTRACT

Background: Nutritional status is a crucial aspect for students in pursuing their education. Apart from macronutrient intake, smoking can influence nutritional status by suppressing appetite and increasing metabolic rate.

Method: An analytical observational study with a cross-sectional approach was conducted on 59 female students at Diponegoro University using consecutive sampling technique. Data collected included smoking habits, body weight, body height, body image, physical activity, and macronutrient intake. The data were analyzed using Rank Spearman and multivariate analysis was performed using the General Linear Model (GLM).

Results: It was found that 89.8% of respondents had deficit carbohydrate intake, 59.3% had excessive fat intake, 37.3% had normal energy intake, and 40.7% had normal protein intake. Respondents with underweight (5%) and overweight (5%) are mostly daily smokers. There was a significant relationship between energy intake ($r=0.266$; $p=0.042$) and body image ($r=0.621$; $p=0.000$) with nutritional status. In the multivariate model, only the body image variable significantly associated to nutritional status ($p=0.000$).

Conclusion: Energy intake and body image have a significant relationship. Higher energy intake and positive body image are linked to improved nutritional status in female students.

Keywords: smoking, nutritional status, macronutrient intake, female students

¹ Nutrition Science Department, Medical Faculty in Diponegoro University Semarang