Konsumsi Ultra-Processed Food dan Kaitannya dengan Parameter Obesitas Pada Mahasiswa Universitas Diponegoro

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ABSTRAK

Latar Belakang: Obesitas merupakan sebuah kondisi dimana terjadi penumpukan lemak yang berlebihan yang bersumber dari adanya ketidakseimbangan asupan energi dan energi yang digunakan dalam kurun waktu yang lama. Kegiatan mahasiswa yang padat dapat memicu kebiasaan konsumsi *ultra-processed food* (UPF). UPF merupakan produk makanan yang dalam proses pembuatannya ditambahkan dengan zat aditif yang digunakan industri.

Tujuan: Penelitian ini dilakukan dengan tujuan untuk mengetahui hubungan antara konsumsi UPF dengan parameter obesitas (IMT, lingkar pinggang, persen lemak tubuh).

Metode: Penelitian ini merupakan penelitian *cross-sectional* dengan 52 subjek penelitian yang memenuhi kriteria inklusi dan diambil dengan *purposive sampling*. Data yang dikumpulkan berupa data aktivitas fisik, tingkat stres, asupan UPF, tinggi badan, berat badan, lingkar pinggang, persen lemak tubuh, jenis kelamin, dan usia. Data yang diperoleh dianalisis dengan menggunakan uji korelasi *Pearson* untuk data yang berdistribusi normal dan uji korelasi *Spearman Rho* untuk data yang tidak berdistribusi normal.

Hasil: Sebanyak 59,6% subjek memiliki aktivitas fisik yang kurang, 32,7% subjek memiliki tingkat stress sedang, 42,3% memiliki status gizi obesitas berdasarkan IMT, 46,1% subjek mengalami obesitas berdasarkan lingkar pinggang, dan 65,3% subjek memiliki persen lemak tubuh tinggi. Terdapat hubungan antara konsumsi UPF dengan IMT pada variabel asupan energi UPF (r=0,30, p= 0,026), asupan protein UPF (r= 0,39, p= 0,004), asupan lemak UPF (r=0,44, p=0,001), dan asupan karbohidrat UPF (r=0,29, p=0,036). Terdapat pula hubungan antara konsumsi UPF dengan lingkar pinggang pada laki-laki pada variabel asupan energi UPF (r=0,48, p=0,043), asupan protein UPF (r= 0,60, p= 0,008), dan terdapat hubungan antara konsumsi UPF dan persen lemak tubuh pada subjek laki-laki pada variabel asupan energi (r=0,55, p=0,017), asupan protein (r= 0,60, p=0,007), dan asupan lemak UPF (r=0,64, p=0,004).

Kesimpulan: Terdapat hubungan antara asupan UPF dan IMT. Terdapat pula hubungan antara asupan UPF dengan lingkar pinggang dan persen lemak pada subjek laki-laki.

Kata Kunci: Obesitas, *Ultra-Processed Food*, IMT, Lingkar Pinggang, Persen Lemak Tubuh

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The Correlation between Ultra-Processed Food Consumption and Obesity Parameters in Diponegoro University Students.

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ABSTRACT

Backgrund: Obesity is a condition that occurs due to the accumulation of excess fat which originates from an imbalance in energy intake and energy expended over a long period of time. The busy activities of university students can trigger the habit of consuming Ultra-Processed Food (UPF). UPF are food products which in the manufacturing process are added with additives used by industry.

Purpose: This study aims to determine the relationship between UPF consumption and obesity parameters (BMI, waist circumference, body fat percentage).

Method: This study conducted with a cross-sectional design with 52 subjects who met the inclusion criteria and was taken by purposive sampling. The data collected consist of levels of physical activity, stress levels, UPF intake, body weight, body height, waist circumference, body fat percentage, age, and gender. The collected data was analyzed using Pearson correlation test for the normally distributed and Spearman Rho correlation test for the data that was not normally distributed

Results: As many as 59,6% subjects had low physical activity levels, 32,7% of subject had moderate stress level, 42,3% subjects considered as obesity using BMI parameter, 46,1% subject considered as obese using waist circumference parameter, and 65,3% subject had high body fat percentage. There is a positive relationship between UPF consumption and BMI parameters in UPF energy intake (r=0,30, p= 0,026), UPF Protein Intake (r= 0,39, p= 0,004), UPF fat intake (r=0,44, p=0,001), dan UPF carbohydrate intake (r=0,29, p=0,036). There is also positive correlation between UPF consumption and waist circumference in men in variables such as UPF energy intake (r=0,48, p=0,043), UPF protein intake (r= 0,60, p= 0,008), and positive correlation between UPF consumption and body fat percentage in men in variables such as UPF energy intake (r=0,55, p=0,017), UPF protein intake (r= 0,60, p=0,007), and UPF fat intake (r=0,64, p=0,004).

Conclusion: There is a positive correlation between UPF consumption and BMI both in men and women. There is also a positive correlation between UPF consumption and waist circumference and also with body fat percentage only in men.

Keywords: Obesity, Ultra-Processed Food, BMI, Waist Circumference, Body Fat Percentage

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