

# Hubungan Penggunaan Layanan Pesan Antar Dengan Frekuensi Konsumsi Makanan Cepat Saji, Minuman Manis, Serta Aktivitas Fisik Pada Mahasiswa Non Kesehatan Universitas Diponegoro

Zanna Chobita Arethusa<sup>1</sup>, Ani Margawati<sup>1</sup>, Nurmasari Widyastuti<sup>1</sup>, Rachma Purwanti<sup>1</sup>

zannachobita@gmail.com<sup>1</sup>

## ABSTRAK

**Latar Belakang:** Seiring dengan adanya kemajuan teknologi, saat ini banyak inovasi baru salah satunya adalah adanya layanan pesan antar makanan. Layanan ini dapat mempermudah konsumsi minuman manis dan konsumsi makanan cepat saji serta mendorong berkurangnya aktivitas fisik.

**Tujuan:** Untuk menganalisis hubungan penggunaan layanan pesan antar dengan frekuensi konsumsi makanan cepat saji, minuman manis, serta aktivitas fisik pada mahasiswa non kesehatan Universitas Diponegoro

**Metode:** Digunakan desain *cross sectional* dengan menggunakan 101 subyek mahasiswa non kesehatan Universitas Diponegoro yang dipilih secara *proportional random sampling*. Pengumpulan data dilakukan menggunakan *g-form* dan wawancara. Analisis bivariat menggunakan uji korelasi *spearman* dikarenakan data berdistribusi tidak normal, sedangkan analisis multivariat menggunakan regresi logistik.

**Hasil:** Ada hubungan penggunaan layanan pesan antar dengan frekuensi konsumsi minuman manis ( $p=0.044$ ). Variabel perancu pengetahuan gizi memiliki hubungan terhadap frekuensi konsumsi makanan cepat saji (OR: 2,517; CI: 1,111-5,705).

**Kesimpulan:** Ada hubungan penggunaan layanan pesan antar dengan frekuensi konsumsi minuman manis, namun tidak ada hubungan penggunaan layanan pesan antar dengan frekuensi konsumsi makanan cepat saji dan aktivitas fisik

**Kata Kunci :** layanan pesan antar, makanan cepat saji, minuman manis, aktivitas fisik

---

<sup>1</sup> Departemen Ilmu Gizi, Fakultas Kedokteran, Universitas Diponegoro, Semarang

## **Correlation Between Online Food Delivery with Frequency Consumption of Fast Food, Sweet Beverages, and Physical Activities in Non-Medical College Students of Diponegoro University**

Zanna Chobita Arethusa<sup>1</sup>, Ani Margawati<sup>1</sup>, Nurmasari Widyastuti<sup>1</sup>, Rachma Purwanti<sup>1</sup>

zannachobita@gmail.com<sup>1</sup>

### **ABSTRACT**

**Background:** There are currently many innovations, one of which is the existence of online food delivery. This service can facilitate the consumption of fast food and sweet beverages, also can encourage reduced physical activity.

**Purpose:** This research aims to analyze correlation between online food delivery with frequency consumption of fast food, sweet beverages, and physical activities in non-medical college students of Diponegoro University

**Methods:** This study used a cross-sectional design using 101 non-medical college student subjects of Diponegoro University who were selected by proportionally random sampling. Data collection is done using g-forms and interviews. Correlation analysis using the Spearman correlation test is due to abnormally distributed data.

**Results:** There is a correlation between online food delivery with frequency consumption of sweet beverages ( $p=0.044$ ). Nutritional knowledge which is include confounding variable has a significant results related to the frequency consumption of fast food (OR:2,517; CI: 1,111-5,705).

**Conclusion:** There is a correlation between online food delivery with frequency consumption of sweet beverages, but there is no correlation between online food delivery with frequency consumption of fastfood and physical activity

**Keywords:** online food delivery, fast food, sweet beverages, physical activities

---

<sup>1</sup> Nutrition Science Department, Medical Faculty of Diponegoro University, Semarang