

Hubungan Perilaku *Night Eating Syndrome* dan Asupan Lemak dengan Status Gizi pada Mahasiswa

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ABSTRAK

Latar Belakang: Mahasiswa berada pada peralihan remaja menuju dewasa rentan memiliki perubahan dalam perilaku makan, salah satunya *night eating syndrome* (NES). Asupan makanan dan perilaku makan cenderung memiliki kebermaknaan terhadap status gizi. Berbagai penelitian menguji hubungan perilaku NES dan asupan lemak dengan status gizi secara independen, tetapi penelitian yang menggabungkan keduanya tergolong jarang.

Tujuan: Penelitian ini bertujuan menganalisis hubungan perilaku *night eating syndrome* dan asupan lemak secara bersama-sama dengan status gizi pada mahasiswa.

Metode: Penelitian menggunakan desain *cross-sectional* melibatkan subjek 50 mahasiswa aktif Universitas Diponegoro. Perilaku NES dievaluasi dengan kuesioner NEQ, asupan lemak dengan wawancara SQ-FFQ, status gizi dengan IMT, variabel perancu meliputi tingkat stres berdasarkan kuesioner PSS, kualitas tidur dengan PSQI, dan aktivitas fisik berdasarkan IPAQ-SF. Analisis statistik menggunakan uji *chi-square* dan regresi logistik ordinal.

Hasil: Uji bivariat *chi-square* menunjukkan hasil perilaku NES dengan status gizi memiliki hubungan tidak signifikan ($p=0,246$). Asupan lemak dengan status gizi memiliki hubungan signifikan ($p=0,024$). Uji multivariat regresi logistik ordinal menunjukkan perilaku NES dan asupan lemak secara bersama-sama memiliki hubungan signifikan terhadap status gizi ($p=0,017$).

Simpulan: Perilaku *night eating syndrome* dan asupan lemak secara bersama-sama memiliki hubungan signifikan dengan status gizi.

Kata Kunci: *night eating syndrome*, asupan lemak, status gizi

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Relationship between Night Eating Syndrome Behavior and Fat Intake with Nutritional Status in College Students

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ABSTRACT

Background: College students being in the transitional phase from adolescence to adulthood are susceptible to changes in eating behavior, one of which is night eating syndrome (NES). Both food intake and eating behaviors tend to significantly impact nutritional status. While various studies have independently examined the relationship between NES behavior and fat intake with nutritional status, research combining these two factors is relatively rare.

Objective: This study aimed to analyze the simultaneous relationship between night eating syndrome behavior and fat intake with nutritional status in college students.

Methods: A cross-sectional design was used, involving 50 active Diponegoro University students. NES was evaluated by NEQ, fat intake by SQ-FFQ, and nutritional status by BMI. Confounding variables (stress with PSS, sleep quality with PSQI, physical activity with IPAQ-SF). Statistical analysis used chi-square and ordinal logistic regression.

Results: Bivariate chi-square tests showed no significant relationship between NES and nutritional status ($p=0,246$). Fat intake significantly related to nutritional status ($p=0,024$). Multivariate ordinal logistic regression revealed that NES and fat intake, when combined, had a significant relationship with nutritional status ($p=0,017$).

Conclusion: Night eating syndrome behavior and fat intake, when considered together, significantly relate to nutritional status.

Keywords: night eating syndrome, fat intake, nutritional status

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