

# Hubungan Antara Profil *Chrononutrition* dan Kualitas Tidur terhadap Kadar Glukosa Darah Pegawai Obesitas Dinas Kesehatan Kota Semarang Pasca Program *Weight Loss*

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## ABSTRAK

**Latar Belakang:** Obesitas merupakan faktor risiko utama peningkatan kadar glukosa darah yang dapat memicu gangguan metabolik. Profil *chrononutrition*, yang mencerminkan pola waktu makan dan ritme sirkadian, serta kualitas tidur diduga berperan dalam regulasi metabolisme glukosa.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan antara profil *chrononutrition* dan kualitas tidur terhadap kadar glukosa darah sewaktu pada pegawai obesitas Dinas Kesehatan Kota (DKK) Semarang pasca program *weight loss*.

**Metode:** Penelitian *cross-sectional* ini menggunakan data primer yang diambil langsung pada 30 pegawai obesitas DKK Semarang yang telah mengikuti program *weight loss*. Data yang diambil berupa profil *chrononutrition* (CPQ), kualitas tidur (PSQI), kadar glukosa darah sewaktu, aktivitas fisik (IPAQ-SF), dan tingkat stress (PSS-10). Analisis yang dilakukan adalah analisis univariat, bivariat (uji korelasi Spearman), dan multivariat (uji regresi linier).

**Hasil:** Terdapat hubungan positif ( $r = 0,369$ ) antara profil *chrononutrition* dengan kadar glukosa darah yang signifikan ( $p = 0,045$ ).

**Kesimpulan:** Profil *chrononutrition* berhubungan secara signifikan dengan kadar glukosa darah pada pegawai obesitas pasca program *weight loss*.

**Kata Kunci:** profil *chrononutrition*, kualitas tidur, obesitas, glukosa darah

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# **Association Between Chrononutrition Profile and Sleep Quality With Blood Glucose Levels in Obese Employees of the Semarang City Health Office After a Weight Loss Program**

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## **ABSTRACT**

**Background:** Obesity is a major risk factor for elevated blood glucose levels that can trigger metabolic disorders. The chrononutrition profile, which reflects meal timing patterns and circadian rhythms, and sleep quality are thought to play a role in the regulation of glucose metabolism.

**Purpose:** This study aims to determine the relationship between chrononutrition profile and sleep quality in obese employees of Semarang City Health Office after weight loss program.

**Methods:** This cross-sectional study used primary data taken directly from 30 obese employees of Semarang Health Office who had participated in a weight loss program. The data collected were chrononutrition profile (CPQ), sleep quality (PSQI), blood glucose level, physical activity (IPAQ-SF), and stress level (PSS-10). Univariate, bivariate (Spearman correlation test), and multivariate (linear regression test) analyses were conducted.

**Result:** There was a positive association ( $r = 0,369$ ) between chrononutrition profile and blood glucose levels significantly ( $p = 0,045$ ).

**Conclusion:** Chrononutrition profile is significantly associated with blood glucose levels in obese employees after weight loss program.

**Keywords:** chrononutrition profile, sleep quality, obesity, blood glucose

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