

Hubungan Asupan Makan dan Aktivitas Fisik dengan Kadar Glukosa Darah Pasca Program Weight Loss pada Pegawai Dewasa Obesitas

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ABSTRAK

Latar Belakang: Obesitas dapat memicu gangguan metabolik seperti resistensi insulin dan peningkatan kadar glukosa darah. Penurunan berat badan dapat membantu memperbaiki regulasi glukosa darah, namun mempertahankan hasilnya memerlukan perubahan gaya hidup yang konsisten. Asupan makan, aktivitas fisik, dan *emotional eating* berperan penting dalam pengendalian glukosa darah pasca program *weight loss*.

Tujuan: Menganalisis hubungan asupan makan dan aktivitas fisik dengan kadar glukosa darah pasca program *weight loss* pada individu obesitas.

Metode: Penelitian observasional dengan desain *cross-sectional* pada 30 pegawai Dinas Kesehatan Kota Semarang dan Puskesmas Pandanaran yang dipilih menggunakan teknik total sampling, yang sudah menjalani program *weight loss* selama 1 bulan. Variabel independen meliputi pola makan dan aktivitas fisik, variabel dependen yaitu kadar glukosa darah sewaktu, serta variabel perancu berupa *emotional eating*.

Hasil: Sebanyak 63,3% subjek dengan asupan rendah karbohidrat, 50% mengonsumsi jenis makanan yang beragam, 70% memiliki frekuensi makan yang baik, 80% melakukan aktivitas fisik kategori sedang, dan 96,7% subjek dengan kadar glukosa darah normal. Hasil analisis bivariat menunjukkan adanya hubungan yang signifikan antara pola makan dengan kadar glukosa darah ($p < 0,003$), namun tidak ditemukan hubungan yang signifikan antara aktivitas fisik dengan kadar glukosa darah. Analisis multivariat juga menunjukkan bahwa asupan karbohidrat dan *emotional eating* berpengaruh terhadap kadar glukosa darah ($p = 0,001$).

Simpulan: Terdapat hubungan yang signifikan antara asupan karbohidrat dan *emotional eating* dengan kadar glukosa darah.

Kata Kunci: asupan makan, aktivitas fisik, glukosa darah, *weight loss*, *emotional eating*

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The Correlation Between Dietary Intake and Physical Activity with Blood Glucose Levels After a Weight Loss Program in Obese Employees at the Semarang City Health Service

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ABSTRACT

Background: Obesity can trigger metabolic disorders such as insulin resistance and increased blood glucose levels. Weight loss may improve blood glucose regulation, but maintaining the results requires consistent lifestyle changes. Dietary patterns, physical activity, and emotional eating play important roles in controlling blood glucose after a weight loss program.

Objective: To analyze the relationship between dietary intake and physical activity with blood glucose levels after a weight loss program in individuals with obesity.

Method: This observational study used a cross-sectional design involving 30 employees of the Dinas Kesehatan Kota Semarang and Puskesmas Pandanaran, selected through total sampling, who had undergone a weight loss program for one month. Independent variables included dietary patterns and physical activity, the dependent variable are blood glucose level, and the confounding variable are emotional eating.

Result: A total of 63,3% of subjects had a low carbohydrate diet, 50% consumed a diverse variety of foods, 70% had good meal frequency, 80% engaged in moderate physical activity, and 96,7% had normal blood glucose levels. Bivariate analysis showed a significant relationship between dietary patterns and blood glucose levels ($p < 0,05$). Multivariate analysis also showed that dietary patterns and blood glucose levels

Conclusion: There is a significant relationship between carbohydrate intake and emotional eating with blood glucose levels.

Keyword: dietary intake, physical activity, blood glucose, weight loss, emotional eating

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