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HUBUNGAN KONSUMSI FASTFOOD MELALUI PEMESANAN MAKANAN ONLINE DENGAN KEJADIAN OBESITAS MAHASISWA DIMASA PANDEMI COVID 19

ABSTRAK

Latar Belakang Pandemi covid-19 membuat aktivitas masyarakat menjadi terbatas, karena penyebaran virus corona begitu cepat sehingga membutuhkan penanganan yang tepat baik dari pemerintah maupun masyarakat. Mahasiswa juga terkena dampak dari pandemic covid 19 terutama pada dunia pendidikan dan dikeluarkan nya Surat Edaran dari Menteri Pendidikan dan Kebudayaan Nomor: 36962/MPK.A/HK/2020 Tentang belajar online dan bekerja dari Rumah. Tujuan penelitian ini untuk mengetahui hubungan aktivitas fisik, konsumsi *fast food* melalui pemesanan makan online dengan status gizi mahasiswa dimasa pandemic covid 19.

Metode penelitian Desain penelitian ini ialah *Cross sectional* dengan teknik proportional random sampling terdapat 71 responden, instrument penelitian yang digunakan kuesioner untuk mengetahui status gizi, frekuensi fastfood dan aktivitas fisik mahasiswa serta Uji digunakan Chi-square.

Hasil Penelitian menunjukkan rata-rata umur responden 20 tahun dengan jumlah responden 27 responden (38,0%), frekuensi konsumsi fast food sebagian besar berada pada kategori sering sejumlah 38 (53,5%). aktivitas fisik sebagian besar berada pada kategori ringan sejumlah 41 (57,7%). bahwa mahasiswa yang berada dalam kategori obesitas sejumlah 32 (45,1%), kemudian dalam kategori tidak obesitas sejumlah 39 (54,9%). tidak ada hubungan frekuensi konsumsi fast food dengan kejadian obesitas $p=(0,474)$ dan ada hubungan aktivitas fisik dengan kejadian obesitas $p=(0,002)$. Uji dikatakan bermakna jika nilai $P<0,05$ antara satu independen terhadap variabel dependen.

Kesimpulan Tidak ada hubungan konsumsi fastfood melalui pemesanan makanan online, dan Ada Hubungan Aktivitas Fisi dengan Kejadian obesitas mahasiswa dimasa pandemi covid 19.

Kata kunci: Fastfood, aktivitas fisik, Obesitas, mahasiswa

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THE CORRELATION FASTFOOD CONSUMPTION THROUGH ONLINE FOOD ORDERING, PHYSICAL ACTIVITY WITH THE OBESITY STATUS OF STUDENTS DURING THE COVID-19 PANDEMIC

ABSTRACT

Background The COVID-19 pandemic has limited public activities, because the spread of the corona virus is so fast that it requires proper handling from both the government and the community. Students are also affected by the COVID-19 pandemic in the world of education and a Circular Letter from the Minister of Education and Culture Number: 36962/MPK.A has been issued. /HK/2020 About online learning and working from Home. The purpose of this study was to determine the relationship between physical activity, consumption of *fast food* through online meal ordering with the nutritional status of students during the covid 19 pandemic.

Research method The design of this research is cross sectional with proportional random sampling technique there are 71 respondents, the research instrument used is a questionnaire to determine nutritional status, fast food frequency and student physical activity and Chi-square test is used.

Results Research shows the average age of respondents is 20 years with a total of 27 respondents (38.0%), the frequency of fast food consumption is mostly in the frequent category of 38 (53.5%). physical activity was mostly in the light category of 41 (57.7%). Whereas students who were in the obese category were 32 (45.1%), then in the non-obese category were 39 (54.9%). there is no relationship between the frequency of consumption of fast food with the incidence of obesity $p = (0.474)$ and there is a relationship between physical activity and the incidence of obesity $p = (0.002)$. The test is said to be significant if the P value <0.005 between one independent and the dependent variable.

Conclusion There is no relationship between fast food consumption through online food ordering, and there is a relationship between physical activity and student obesity during the covid 19 pandemic.

Keywords: Fastfood, physical activity, Obesity, students