ABSTRAK

HUBUNGAN ANTARA *SCREEN TIME*, AKTIVITAS FISIK, DAN PERILAKU MAKAN TERHADAP STATUS GIZI MAHASISWA TAHUN PERTAMA DI UNIVERSITAS LAMPUNG

Oleh

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Latar Belakang: Mahasiswa angkatan 2021 berjalan di era pandemi COVID-19 seiring dengan pesatnya kemajuan teknologi. Berbagai situasi baru yang dihadapi dapat mengarahkan ke gaya hidup sedentari hingga berdampak pada status gizinya. Penelitian ini bertujuan untuk mengetahui hubungan antara *screen time*, aktivitas fisik, dan perilaku makan terhadap status gizi mahasiswa tahun pertama di Universitas Lampung.

Metode: Penelitian ini merupakan penelitian yang bersifat kuantitatif observasional dengan pendekatan desain *cross sectional* menggunakan data primer yang dilakukan pada bulan Juli hingga September 2022. Sampel adalah 217 mahasiswa angkatan 2021 Universitas Lampung yang terpilih melalaui teknik *multistage random sampling* serta memenuhi kriteria inklusi dan eksklusi. Data diperoleh dengan pengisian kuesioner serta pengukuran berat badan dan tinggi badan, kemudian data tersebut dilakukan analisis dengan uji *chi square*.

Hasil: Hasil penelitian menunjukkan status gizi mahasiswa 27,6% gizi kurang, 50,2% gizi normal, 10,1% gizi lebih, dan 12,0% obesitas. Hasil analisis bivariat menunjukkan bahwa *screen time* (p=0,141), aktivitas fisik (p=0,216), perilaku makan (p=0,148) tidak memiliki hubungan terhadap status gizi mahasiswa.

Kesimpulan: Tidak terdapat hubungan antara *screen time*, aktivitas fisik, dan perilaku makan terhadap status gizi mahasiswa tahun pertama di Universitas Lampung.

Kata kunci: aktivitas fisik, perilaku makan, *screen time*, status gizi.

ABSTRACT

THE CORRELATION BETWEEN SCREEN TIME, PHYSICAL ACTIVITY, AND EATING BEHAVIOR TO THE NUTRITIONAL STATUS OF FIRST-YEAR STUDENTS AT LAMPUNG UNIVERSITY

By

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Background: Class of 2021 has been going through a COVID-19 pandemic era and rapid technological advances at once. The new situations can lead to a sedentary lifestyle to have an impact on nutritional status. This study aims to determine the correlation between screen time, physical activity, eating behavior, to the nutritional status of first-year students at Lampung University.

Methods: This research is an observational quantitative study with a cross-sectional design, using the data that has been collected from July to September 2022. The sample was 217 students from the class of 2021 at Lampung University selected through a multistage random sampling technique and met the inclusion and exclusion criteria. The data was obtained by filling out a questionnaire, measuring weight and height, and then analyzing it by using the chi-square test.

Results: The results showed that the nutritional status of students was 27,6% underweight, 50,2% normal, 10,1% overweight, and 12,0% obese. The results of the bivariate analysis showed that screen time (p=0,141), physical activity (p=0,216), and eating behavior (p=0,148) did not have a correlation with the nutritional status of students.

Conclusion: There will be no correlation between screen time, physical activity, and eating behavior to the nutritional status of first-year students at Lampung University.

Keywords: physical activity, eating behavior, screen time, nutritional status.