

Hubungan antara Perilaku Makan dan Kualitas Hidup berkaitan Kesehatan pada Mahasiswi selama Pandemi COVID-19 = Association between Eating Behavior and Health Related Quality of Life among Female Students Attending Higher Education during COVID-19 Pandemic

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Abstrak

Mahasiswi memiliki HRQOL lebih rendah dan perilaku makan yang tidak sehat akibat efek pandemi. Penting untuk menilai hubungan perilaku makan dan HRQOL pada populasi ini setelah mengendalikan faktor lainnya. Tujuan penelitian yaitu menilai hubungan perilaku makan dengan HRQOL pada mahasiswi di masa pandemi Covid-19. Ini merupakan survei online cross-sectional dengan 747 subjek berusia 18 - 25 tahun. Dutch Eating Behavior Questionnaire (DEBQ) digunakan untuk menilai emotional, external, dan restraint eating. HRQOL diukur menggunakan kuesioner SF-36, termasuk subskala Physical Component Summary (PCS) dan Mental Component Summary (MCS). Data sosiodemografi dan karakteristik lainnya juga dikumpulkan. Analisis data menggunakan regresi linier berganda. PCS signifikan berkaitan dengan emotional eating, pendapatan rumah tangga, uang saku, situasi tempat tinggal, pekerjaan, dan status gizi. MCS signifikan berkaitan dengan emotional, external eating, usia, uang saku, situasi tempat tinggal, dan status gizi. Selama pandemi Covid-19, mahasiswi dengan skor emotional eating yang lebih tinggi, pendapatan rumah tangga lebih tinggi, uang saku yang cukup, tinggal bersama keluarga, tidak bekerja, dan memiliki status gizi lebih tinggi, memiliki PCS yang lebih baik. Skor emotional, external eating yang lebih tinggi, berusia 21-25 tahun, memiliki uang saku yang cukup, tinggal bersama keluarga, dan memiliki status gizi yang lebih baik menunjukkan MCS yang lebih baik.

.....University female students had lower HRQOL and unhealthy eating behavior as the pandemic's effects. It is critical to assess the association between eating behavior and HRQOL controlling for other factors. This study aimed to assess the association between eating behavior and HRQOL among female students during Covid-19 Pandemic. This was a cross-sectional online survey with 747 subjects aged 18 to 25. The Dutch Eating Behavior Questionnaire (DEBQ) was used to assess emotional, external, and restraint eating. HRQOL was measured using the SF-36 questionnaire, including Physical Component Summary (PCS) and Mental Component Summary (MCS). Additionally, sociodemographic data and other characteristics were collected and were analyzed using multiple linear regression. PCS was significantly associated with emotional eating, monthly household income, pocket money, living arrangement, job, and nutritional status. MCS was significantly associated with emotional, external eating, age, pocket money, living arrangement, and nutritional status. During Covid-19 pandemic, female university students with higher score of emotional eating, having higher households income, enough pocket money, living with family, not working, and having higher nutritional status, had better physical HRQOL. Higher emotional and external eating score, aged 21-25 years, having enough pocket money, living with family, and having better nutritional status showed better mental HRQOL.