

Perceived Stress, Food Choice Motives, and Dietary Habit among Adult Workers during COVID-19 Pandemic in Jakarta = Stres, Motif Pemilihan Makanan, dan Kebiasaan Makan pada Pekerja Dewasa selama Pandemi COVID-19 di Jakarta

Nurulita Aida Rahmasari, author

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Abstrak

<i>Unhealthy dietary habit may lead into critical disease, meanwhile poor dietary habits are still common among Indonesians. It can be altered by the psychological condition, especially in the COVID-19 pandemic situation due to working from home scheme in Indonesia. In order to form effective dietary intervention, the role of food choice motives in the relation of stress and dietary habit are needed to be explored. This study aimed to assess the mediation role of the food choice motives between perceived stress and dietary habit among workers in Jakarta during COVID-19 pandemic. An online cross-sectional study with 290 respondents aged 25-54 years old was conducted in Jakarta. Perceived stress, food choice motives, and dietary habit were measured by validated perceived stress scale, food choice value, and WELL dietary questionnaire, respectively. The mediation role of food choice motives on the relationship of perceived stress and dietary habit was analyzed using Sobel-first order test. It only be performed towards the food choice motives which were having significant relationship with both perceived stress and dietary habit after being included in the linear regression analysis. The average of total dietary habit score was slightly half of the maximum score of good dietary habit (63.07 of 120), meanwhile the majority of the respondents categorized into moderate perceived stress level with the median score of 18. The most important food choice motive reported by the respondents was safety concern. It then followed by sensory appeal, access, comfort, organic, convenience, weight/health, and tradition as the least concern. Organic and weight/health motives were found to be significant with both perceived stress and dietary habit. Among all motives, the significant mediation effect on perceived stress and dietary habit was only found in organic motive with p-value <0.01 and Z-score of -2.628. It means that organic motive is significantly mediated the relationship of perceived stress and dietary habit. Indirect effect of perceived stress towards dietary habit was also calculated by multiplying the as coefficient of perceived stress and organic motive relationship and as coefficient of organic motive and dietary habit relationship, resulting in value of -0.163. Meanwhile, the direct effect of perceived stress on dietary habit after controlled by the organic motive was -0.375 and also found to be statistically significant. Comparing the indirect and direct effect value, it can be concluded that organic motive partially mediated the relationship of perceived stress and dietary habit.</i>

.....Kebiasaan makan yang kurang sehat dapat menyebabkan penyakit kritis. Kebiasaan makan yang buruk masih banyak ditemukan di Indonesia. Hal ini dapat dipengaruhi oleh kondisi psikologis, terutama saat pandemic COVID-19 akibat penerapan kebijakan work from home di Indonesia. Untuk membentuk strategi intervensi diet yang efektif, peran motif pemilihan makanan dalam hubungan antara stress dan kebiasaan makan perlu untuk diketahui. Penelitian ini bertujuan untuk mengetahui peran mediasi dari motif pemilihan makan pada hubungan antara stress dan kebiasaan makan pada pekerja di Jakarta selama pandemic COVID-19. Studi cross sectional dengan metode online dilaksanakan pada 290 pekerja berusia 25-54 tahun di Jakarta. Stress, motif pemilihan makanan, dan kebiasaan makan diukur menggunakan kuesioner perceived

stress, food choice value, dan WELL dietary yang telah tervalidasi. Peran mediasi dari motif pemilihan makanan dianalisa menggunakan uji Sobel-first order. Uji ini hanya dilakukan terhadap motif pemilihan makanan yang berhubungan dengan stress dan kebiasaan makan secara bersamaan setelah pengujian melalui regresi linier. Rata-rata skor kebiasaan makan responden adalah 63.07, yang berarti mencapai lebih dari separuh skor maksimal untuk kebiasaan makan yang baik (120), sedangkan mayoritas responden dikategorikan memiliki level stress sedang dengan skor median 18. Motif pemilihan yang paling penting adalah keamanan, kemudian diikuti oleh motif sensoris, akses, kenyamanan, organik, berat badan/kesehatan, dan tradisi. Motif organik dan berat badan/kesehatan berhubungan dengan stress maupun kebiasaan makan. Di antara keseluruhan motif, efek mediasi yang signifikan hanya ditemukan pada motif organik dengan nilai $p < 0.01$ dan Z-score -2.628. Efek tidak langsung dari stress terhadap kebiasaan makan dihitung dengan mengalikan koefisien hubungan stress dan motif organik serta koefisien hubungan motif organik dan kebiasaan makan dengan hasil -0.163. Efek langsung dari stress terhadap kebiasaan makan setelah dikontrol oleh motif organik adalah -0.375. Keduanya memiliki hubungan yang signifikan sehingga dapat disimpulkan bahwa motif organik memediasi hubungan antara stress dan motif pemilihan makanan.