

Hubungan Kebiasaan Konsumsi dan Aktivitas Fisik Saat Pandemi COVID-19 Terhadap Status Gizi Siswa SMA Negeri Terpilih di Kabupaten Lampung Barat Tahun 2020 = The Relationship of Consumption Habits and Physical Activity During the Covid-19 Pandemic To the Nutritional Status of Selected Senior High School Students In West Lampung Regency, 2020

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Abstrak

Coronavirus Disease-19 (COVID-19) merupakan pandemi global yang telah menginfeksi berbagai negara di dunia, termasuk Indonesia. Pembatasan pada kegiatan di luar rumah termasuk penutupan sekolah dalam menekan penularan COVID-19 berdampak pada perubahan aktifitas fisik dan perilaku makan dalam arah yang membahayakan kesehatan dan menimbulkan masalah gizi termasuk gizi lebih dan obesitas serta meningkatkan risiko NCD yang dapat memperparah penyakit COVID-19. Penelitian ini bertujuan untuk mengetahui perbedaan aktivitas fisik dan kebiasaan konsumsi sebelum dan saat pandemi COVID-19 dan menganalisis hubungannya terhadap status gizi pada siswa SMA terpilih di Kabupaten Lampung Barat. Penelitian ini merupakan penelitian cross-sectional dengan menggunakan data primer yang didapatkan melalui pengukuran antropometri, kuesioner dan FFQ yang dilakukan pada bulan juli 2020. Sampel penelitian berjumlah 295 siswa yang dipilih dengan metode total sampling pada SMA Negeri terpilih di Kabupaten Lampung Barat. Analisis bivariat menggunakan uji chi-square dan Mc Nemar. Analisis multivariat menggunakan uji regresi logistik berganda. Hasil univariat menunjukkan prevalensi status gizi lebih dan obesitas pada siswa sebanyak 18%. Hasil penelitian menunjukkan ada hubungan bermakna durasi olahraga ($p=0,000$, $OR=3,889$; 95% CI 2,090-7,236) dan kebiasaan konsumsi gorengan ($p=0,000$, $OR=4,737$; 95% CI 2,328-9,641) dengan status gizi lebih dan obesitas pada siswa SMAN terpilih di Kabupaten Lampung Barat. Faktor yang paling dominan terhadap status gizi lebih dan obesitas siswa adalah kebiasaan konsumsi gorengan selama masa pandemi COVID-19. Berdasarkan hasil penelitian ini, diharapkan dilakukan edukasi tentang pola hidup sehat dan gizi seimbang khususnya di masa pandemi COVID-19 serta pentingnya melakukan pemantauan berat badan dengan memaksimalkan penyampaian informasi melalui berbagai media.

.....Coronavirus Disease-19 (COVID-19) is a global pandemic that has infected various countries in the world, including Indonesia. Restrictions on activities outside the home including school closures in suppressing the transmission of COVID-19 have an impact on changes in physical activity and eating behavior in a direction that endangers health and causes nutritional problems including overnutrition and obesity and increases the risk of NCDs that can exacerbate COVID-19 disease. This study aims to determine differences in physical activity and consumption habits before and during the COVID-19 pandemic and to analyze their relationship to nutritional status in selected high school students in West Lampung Regency. This study is a cross-sectional study using primary data obtained through anthropometric measurements, questionnaires and FFQ conducted in July 2020. The research sample amounted to 295 students who were selected by the total sampling method at selected public high schools in West Lampung Regency. Bivariate analysis using chi-square and Mc Nemar tests. Multivariate analysis using multiple logistic regression test.

Univariate results showed the prevalence of overweight and obesity in students was 18%. The results showed that there was a significant relationship between exercise duration ($p = 0,000$, OR=3,889; 95%CI 2,090-7,236) and fried food consumption habits ($p=0,000$, OR=4,737; 95% CI 2,328-9,641) with overweight and obesity in selected high school students in West Lampung Regency. The most dominant factor on the overweight and obesity status of students is the habit of consuming fried foods during the COVID-19 pandemic. Based on the results of this study, it is hoped that there will be education about a healthy lifestyle and balanced nutrition, especially during the COVID-19 pandemic and the importance of monitoring body weight by maximizing the delivery of information through various media.