

ABSTRAK

PERBEDAAN ASUPAN LEMAK, AKTIVITAS FISIK DAN KEJADIAN *PREMENSTRUAL SYNDROME* PADA PENGGUNA DAN BUKAN PENGGUNA JASA *DELIVERY ORDER* MAKANAN

(Studi pada Mahasiswi Universitas Jenderal Soedirman)

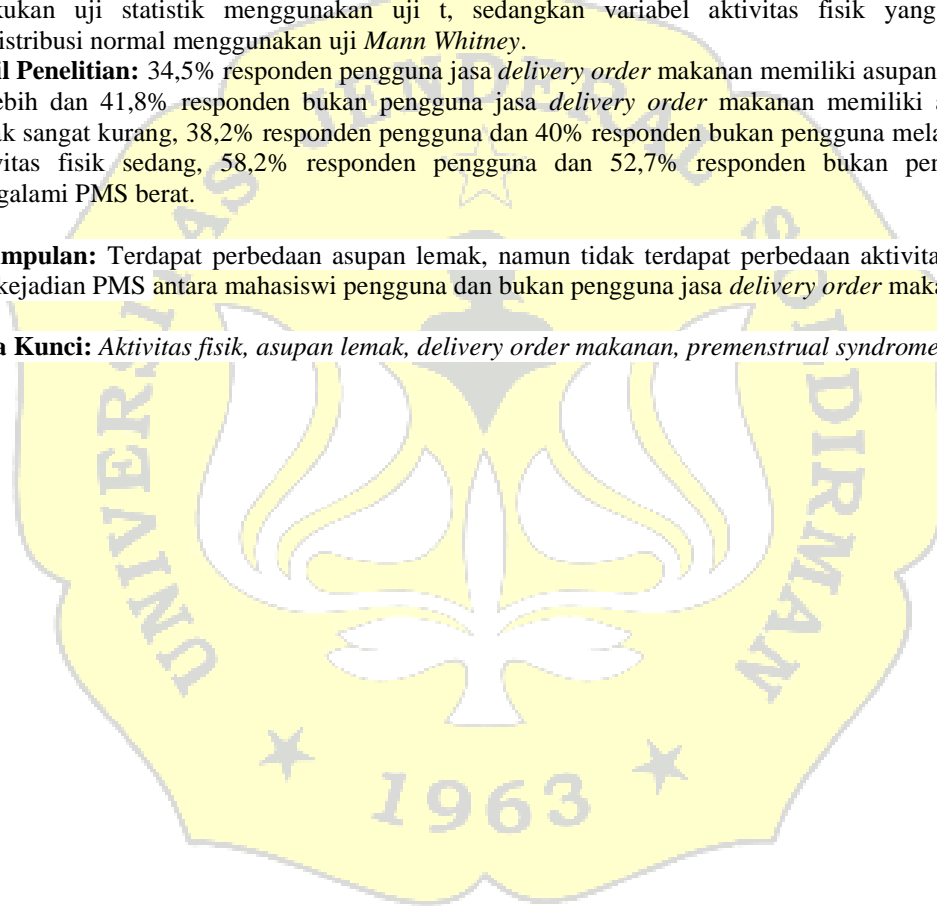
Latar Belakang: Penggunaan jasa *delivery order* makanan meningkatkan konsumsi lemak dan mengurangi aktivitas fisik yang merupakan faktor *premenstrual syndrome* (PMS). Penelitian ini bertujuan untuk mengetahui apakah terdapat perbedaan asupan lemak, aktivitas fisik dan kejadian PMS pada mahasiswi pengguna dan bukan pengguna jasa *delivery order* makanan di Universitas Jenderal Soedirman.

Metodologi: Metode penelitian adalah *cross sectional*. Data diuji normalitas menggunakan uji *Kolmogorov Smirnov*. Variabel asupan lemak dan kejadian PMS yang berdistribusi normal dilakukan uji statistik menggunakan uji t, sedangkan variabel aktivitas fisik yang tidak berdistribusi normal menggunakan uji *Mann Whitney*.

Hasil Penelitian: 34,5% responden pengguna jasa *delivery order* makanan memiliki asupan lemak berlebih dan 41,8% responden bukan pengguna jasa *delivery order* makanan memiliki asupan lemak sangat kurang, 38,2% responden pengguna dan 40% responden bukan pengguna melakukan aktivitas fisik sedang, 58,2% responden pengguna dan 52,7% responden bukan pengguna mengalami PMS berat.

Kesimpulan: Terdapat perbedaan asupan lemak, namun tidak terdapat perbedaan aktivitas fisik dan kejadian PMS antara mahasiswi pengguna dan bukan pengguna jasa *delivery order* makanan.

Kata Kunci: *Aktivitas fisik, asupan lemak, delivery order makanan, premenstrual syndrome*



ABSTRACT

DIFFERENCES IN FAT INTAKE, PHYSICAL ACTIVITY AND INCIDENTS OF PREMENSTRUAL SYNDROME IN USERS OF FOOD DELIVERY ORDER AND NON USERS OF FOOD DELIVERY ORDER

(Study of female students at Jenderal Soedirman University)

Background: The use of food delivery order increases fat consumption and reduces physical activity which are factors of premenstrual syndrome (PMS). This study aims to determine whether there are differences in fat intake, physical activity and PMS incidence in female students who use and do not use food delivery order at Jenderal Soedirman University.

Method: The research method was cross-sectional. Data were tested for normality using the Kolmogorov Smirnov test. Variables of fat intake and PMS incidence that were normally distributed were statistically tested using the t-test, while variables of physical activity that were not normally distributed used the Mann Whitney test.

Results: 34.5% of respondents who were users food delivery order had excessive fat intake and 41.8% of respondents who were not users food delivery order had very low fat intake, 38.2% of respondents who were users and 40% of respondents who were not users did moderate physical activity, 58.2% of respondents who were users and 52.7% of respondents who were not users experienced severe PMS.

Conclusion: There were differences in fat intake, but there were no differences in physical activity and PMS incidence between female students who were users and non-users of food delivery order.

Keywords: Physical activity, fat intake, food delivery order, premenstrual syndrome

