

ABSTRAK

PERBEDAAN MASSA OTOT DAN *DIETARY DENSITY* PADA KELOMPOK YANG DIBERI AKTIVITAS FISIK DAN TELEKONSELING GIZI DENGAN KELOMPOK AKTIVITAS FISIK

Pendahuluan : Obesitas menjadi salah satu faktor risiko terjadinya penyakit tidak menular. Perubahan gaya hidup seperti aktivitas fisik dan perbaikan pola makan melalui telekonseling gizi menjadi cara efektif untuk mengatasi obesitas. Penelitian bertujuan untuk mengetahui perbedaan massa otot dan *dietary density* pada kelompok yang diberi aktivitas fisik dan telekonseling gizi dengan kelompok yang diberi aktivitas fisik pada dewasa obesitas.

Metode : Desain penelitian *quasi-experimental with the untreated control group design with dependent pretest and posttest samples*. Sebanyak 55 responden berusia 19-25 tahun diambil menggunakan teknik *purposive sampling*. Responden dibagi dalam dua kelompok yaitu kelompok intervensi I (aktivitas fisik dan telekonseling gizi) dan intervensi II (aktivitas fisik). Massa otot diukur menggunakan alat BIA dan data konsumsi pangan diambil dengan wawancara *recall 2x24H*. Analisis data menggunakan *paired sample test, independent sample test, wilcoxon, dan mann whitney*.

Hasil : Responden dengan status gizi obesitas I sebanyak 49,05% dan obesitas II sebanyak 50,95%. Tidak terdapat perbedaan massa otot pada kelompok intervensi I ($p = 0,138$) dan intervensi II ($p = 0,552$). Terdapat perbedaan *dietary energy density* pada kelompok intervensi I ($p = 0,047$). Tidak terdapat perbedaan densitas zat gizi pangan pada kelompok intervensi I ($p = 0,480$). Tidak terdapat perbedaan *dietary energy density* ($p = 0,548$) dan densitas zat gizi pangan ($p = 0,307$) pada kelompok intervensi II. Tidak terdapat perbedaan massa otot ($p = 0,336$), *dietary energy density* ($p = 0,589$), dan densitas zat gizi pangan ($p = 0,134$) kelompok intervensi I dengan kelompok intervensi II setelah perlakuan.

Kesimpulan : Terdapat perbedaan *dietary energy density* sebelum dan setelah perlakuan pada kelompok intervensi I. Tidak terdapat perbedaan massa otot dan *dietary density* kelompok intervensi I dengan kelompok intervensi II setelah perlakuan.

Kata Kunci : aktivitas fisik, *dietary density*, massa otot, dan telekonseling gizi.

ABSTRACT

DIFFERENCES IN MUSCLE MASS AND DIETARY DENSITY BETWEEN THE PHYSICAL ACTIVITY AND NUTRITION TELECOUNSELING GROUPS AND THE PHYSICAL ACTIVITY GROUP

Background : Obesity is one of the risk factors for non-communicable diseases. Lifestyle changes such as physical activity and improved diet through nutritional telecounseling are effective ways to overcome obesity. The study aims to determine the difference in muscle mass and dietary density in the group given physical activity and nutritional telecounseling with the group physical activity in obese adults.

Methods : Quasy-experimental research design with the untreated control group design with dependent pretest and posttest samples. A total of 55 respondents aged 19-25 years were taken using purposive sampling. Respondents were divided into two groups: intervention I (physical activity and nutrition telecounseling) and intervention II (physical activity). Muscle mass was measured using the BIA tool and food consumption data was taken by 2x24H recall interview. Data analysis used paired sample test, independent sample test, wilcoxon, and mann whitney.

Results : Respondents with obesity I nutritional status were 49.05% and obesity II were 50.95%. There is no difference in muscle mass in intervention I ($p = 0.138$) and intervention II ($p = 0.552$). There is a difference in dietary energy density in intervention I ($p = 0.047$). There is no difference in food nutrient density in intervention I ($p = 0.480$). There was no difference in dietary energy density ($p = 0.548$) and food nutrient density ($p = 0.307$) in intervention II. There was no difference in muscle mass ($p = 0.336$), dietary energy density ($p = 0.589$), and food nutrient density ($p = 0.134$) between intervention I and intervention II after treatment.

Conclusion : There is a difference in dietary energy density before and after treatment in intervention I. There is no difference in muscle mass and dietary density between intervention I and intervention II after treatment.

Keywords : dietary density, muscle mass, physical activity, and telecounseling nutrition.