

ABSTRAK

PERBEDAAN IMT, TINGKAT STRES, *NIGHT EATING SYNDROME*, DAN ASUPAN ENERGI SARAPAN PADA MAHASISWA AKTIF DAN NON AKTIF ORGANISASI [Studi pada Mahasiswa Universitas Jenderal Soedirman]

Latar Belakang: Masalah gizi pada mahasiswa dapat memengaruhi perkembangan kognitif, produktivitas, dan kinerja. Aktivitas organisasi dapat berdampak pada kebiasaan makan dan stres sebagai faktor yang berkaitan dengan status gizi. Penelitian ini bertujuan untuk melihat perbedaan Indeks Massa Tubuh, tingkat stres, *night eating syndrome*, dan asupan energi sarapan antara mahasiswa aktif dan non-aktif organisasi di Universitas Jenderal Soedirman.

Metodeologi: Penelitian observasional dengan pendekatan *cross sectional* melibatkan 138 mahasiswa yang terbagi menjadi dua kelompok aktif dan non aktif organisasi. Sampel dipilih dengan *purposive sampling*. Data berupa IMT, kuesioner *Perceived Stress Scale* (PSS-10) untuk mengukur tingkat stres, *Night Eating Questionnaire* (NEQ) untuk *night eating syndrome*, dan *recall 2x24* untuk asupan energi sarapan. Uji normalitas menggunakan *Kolmogorov smirnov* dan uji komparasi dengan *Wilcoxon*.

Hasil Penelitian: IMT dari kedua kelompok termasuk dalam kategori normal dengan nilai median 20,5 kg/m² dan 21 kg/m². Tingkat stres dari kedua kelompok termasuk kategori stres sedang dengan nilai median skor PSS-10 adalah 22. Nilai median skor NEQ pada mahasiswa aktif organisasi adalah 27 (NES) sedangkan pada mahasiswa non aktif adalah 25 (normal). Tidak terdapat perbedaan IMT ($p=0,277$), tingkat stress ($p=0,939$), dan NES ($p=0,546$) antara mahasiswa aktif dan non aktif organisasi ($0>0,05$). Terdapat perbedaan asupan energi sarapan antara mahasiswa aktif dan non aktif organisasi ($0<0,05$).

Kesimpulan: Terdapat perbedaan asupan energi sarapan antara mahasiswa aktif dan non aktif organisasi. Tidak ada perbedaan IMT, tingkat stres, dan NES antara mahasiswa aktif dan non aktif organisasi.

Kata Kunci: Asupan Energi Sarapan, IMT, Mahasiswa, *Night Eating Syndrome*, Organisasi, Tingkat Stres

ABSTRACT

DIFFERENCES IN BMI, STRESS LEVELS, NIGHT EATING SYNDROME, AND BREAKFAST ENERGY INTAKE AMONG ACTIVE AND NON-ACTIVE STUDENT ORGANIZATION MEMBERS: A STUDY ON STUDENTS OF JENDERAL SOEDIRMAN UNIVERSITY

Background: Students can develop their knowledge in both academic and non-academic fields by participating in organizational activities. Nutritional issues among students can affect cognitive development, productivity, and performance. Organizational activities can impact eating habits and stress, which are factors related to nutritional status. This study aims to examine the differences in BMI, stress levels, night eating syndrome, and breakfast energy intake between active and non-active organization students at Jenderal Soedirman University.

Methodology: This observational study used a cross-sectional approach and involved 138 students divided into active and non-active organization groups. Samples were selected using purposive sampling. Data collected included BMI, the Perceived Stress Scale (PSS-10) questionnaire for measuring stress levels, the Night Eating Questionnaire (NEQ) for night eating syndrome, and a 2x24-hour recall for breakfast energy intake. Normality tests were conducted using Kolmogorov-Smirnov, and comparative tests were conducted using the Wilcoxon test.

Results: Both groups had normal BMI (median 20.5 kg/m² and 21 kg/m²) and moderate stress levels (median PSS-10 score 22). Active organization students had a median NEQ score of 27 (NES), while non-active students scored 25 (normal). No significant differences were found in BMI, stress, or NES between the groups ($p>0.05$). However, breakfast energy intake differed significantly ($p<0.05$).

Conclusion: There is a difference in breakfast energy intake between active and non-active organization students. There are no differences in BMI, stress levels, or NES between active and non-active organization students.

Keywords: BMI, Breakfast Energy Intake, College Students, Night Eating Syndrome, Organization, Stress Levels