

ABSTRAK

PERBEDAAN KRONOTIPE, ASUPAN KAFEIN, STATUS GIZI PADA MAHASISWA INDEKOS DAN TIDAK INDEKOS UNIVERSITAS JENDERAL SOEDIRMAN

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Latar Belakang: Mahasiswa umumnya berada pada tahap perkembangan remaja akhir, yaitu fase transisi penting menuju kedewasaan yang ditandai dengan berbagai perubahan krusial. Salah satu faktor yang dapat memengaruhi kebiasaan hidup mahasiswa adalah tempat tinggal. Mahasiswa indekos dapat lebih bebas dalam memilih makanan dan pola hidup, sementara mahasiswa tidak indekos lebih memiliki pola konsumsi yang teratur. Kondisi ini dapat mempengaruhi kronotipe, asupan kafein, dan status gizi mahasiswa. Penelitian ini bertujuan untuk mengetahui perbedaan kronotipe, asupan kafein, dan status gizi antara mahasiswa indekos dan tidak indekos di Universitas Jenderal Soedirman.

Metodologi: Penelitian kuantitatif dengan desain *cross-sectional* melibatkan 161 responden, terdiri dari 80 mahasiswa indekos dan 81 mahasiswa tidak indekos. Pengumpulan data menggunakan SQ-FFQ untuk mengukur asupan kafein, *morningness-eveningness questionnaire* (MEQ) untuk menentukan kronotipe, serta pengukuran berat badan dan tinggi badan untuk menilai status gizi. Data berdistribusi normal diuji menggunakan uji *t-test independent* dan data tidak berdistribusi normal diuji menggunakan *mann-whitney*.

Hasil Penelitian: Mahasiswa tidak indekos memiliki nilai mean kronotipe lebih tinggi ($59,0 \pm 7,5$) dibandingkan mahasiswa indekos ($57,2 \pm 9,2$). Median asupan kafein lebih tinggi pada mahasiswa tidak indekos (59,0 mg/hari) dibandingkan indekos (55,8 mg/hari). Median IMT mahasiswa tidak indekos ($21,6 \text{ kg/m}^2$) lebih tinggi dibandingkan mahasiswa indekos ($21,3 \text{ kg/m}^2$). Namun, tidak terdapat perbedaan yang signifikan antara mahasiswa indekos dan tidak indekos dalam hal kronotipe ($p=0,174$), asupan kafein ($p=0,599$), dan status gizi ($p=0,420$).

Kesimpulan: Tempat tinggal tidak terbukti secara signifikan memengaruhi perbedaan kronotipe, asupan kafein, dan status gizi mahasiswa.

Kata kunci: asupan kafein, kronotipe, mahasiswa, status gizi, tempat tinggal

ABSTRACT

DIFFERENCES IN CHRONOTYPE, CAFFEINE INTAKE, AND NUTRITIONAL STATUS AMONG BOARDING AND NON-BOARDING STUDENTS AT JENDERAL SOEDIRMAN UNIVERSITY

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Background: University students are generally in the late adolescence stage, a crucial transitional phase toward adulthood marked by significant physical, psychological, and social changes. One factor that may influence students lifestyle habits is their type of residence. Boarding students tend to have more freedom in choosing their food and lifestyle patterns, whereas non-boarding students often have more structured eating habits. These conditions may affect chronotype, caffeine intake, and nutritional status. This study aims to examine the differences in chronotype, caffeine intake, and nutritional status between boarding and non-boarding students at Jenderal Soedirman University

Methods: This quantitative study employed a cross-sectional design with a total of 161 respondents, consisting of 80 boarding students and 81 non-boarding students. Data were collected using the Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ) to measure caffeine intake, the Morningness-Eveningness Questionnaire (MEQ) to determine chronotype, and anthropometric measurements (body weight and height) to assess nutritional status. Normally distributed data were analyzed using the independent t-test, while non-normally distributed data were analyzed using the Mann-Whitney U test.

Results: Non-boarding students had a higher mean chronotype score (59.0 ± 7.5) compared to boarding students (57.2 ± 9.2). The median caffeine intake was also higher among non-boarding students (59.0 mg/day) than boarding students (55.8 mg/day). Additionally, the median BMI of non-boarding students (21.6 kg/m^2) was higher than that of boarding students (21.3 kg/m^2). However, there were no significant differences between boarding and non-boarding students in terms of chronotype ($p = 0.174$), caffeine intake ($p = 0.599$), and nutritional status ($p = 0.420$).

Conclusion: Living arrangements were not found to significantly affect differences in chronotype, caffeine intake, or nutritional status among students.

Keywords: caffeine intake, chronotype, university students, nutritional status, residence