

Abstrak

PERBEDAAN POLA MAKAN DAN PREFERENSI JENIS MAKANAN SEBELUM DAN SELAMA PUASA RAMADHAN PADA MAHASISWA OVERWEIGHT DI UNIVERSITAS JENDERAL SOEDIRMAN

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Latar Belakang: Selama bulan Ramadhan umat islam dilarang untuk makan dan minum selama 13-14 jam perhari. Kondisi ini tentu akan mempengaruhi asupan zat gizi, frekuensi makan, serta preferensi jenis makanan.

Metodologi: Penelitian ini menggunakan rancangan *one group pre-test post-test design* instrumen penelitian yang digunakan adalah *form food recall* 1x24 jam sebelum Puasa Ramadhan dan selama Puasa Ramadhan. Data asupan zat gizi makro, dan frekuensi makan diuji normalitas dengan menggunakan uji *Kolmogorov Smirnov* kemudian dilanjutkan dengan uji T berpasangan untuk asupan zat gizi makro, dan Uji Wilcoxon untuk frekuensi makan.

Hasil Penelitian: Hasil penelitian menunjukkan bahwa terdapat perbedaan yang signifikan antara sebelum dan selama Puasa Ramadhan pada asupan energi dan karbohidrat dengan nilai $p=0,00$. Tidak terdapat perbedaan yang signifikan pada asupan protein dan lemak dengan nilai $p > 0,05$. Terdapat perbedaan yang signifikan pada frekuensi makan antara sebelum dan selama Puasa Ramadhan dengan nilai $p = 0,00$

Kesimpulan: Terdapat penurunan pada asupan zat gizi makro dan frekuensi makan antara sebelum dan selama Puasa Ramadhan pada mahasiswa overweight di Universitas Jenderal Soedirman.

Kata kunci: Puasa Ramadhan, *Overweight*, Asupan zat gizi makro.

Abstract

DIFFERENCES OF FOOD PATTERNS AND PREFERENCES OF KIND OF FOOD BEFORE AND DURING RAMADHAN FASTING IN OVERWEIGHT STUDENT IN JENDERAL SOEDIRMAN UNIVERSITY

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Backgrounds: During Ramadhan, muslims are forbidden to eat and drink for 13-14 hours per day. This condition will certainly affect the intake of nutrients, frequency of food, and food type preferences.

Methods: This study uses a *one group pre-test post-test design*, research instrument that is used is the *food recall form* 1x24 hours before Ramadhan Fasting and during Ramadhan Fasting. Data on macro-nutrient intake and eating frequency were tested for normality using the *Kolmogorov Smirnov Test* and then followed by *Paired T-Test* for macro-nutrient intake, and *Wilcoxon Test* for eating frequency.

Results: The results showed that there were significant differences between before and during Ramadan fasting on energy and carbohydrate intake (p value = 0.00). There were no significant differences in protein and fat intake (p value > 0.05). There is a significant difference in the frequency of eating between before and during Ramadan fasting (p value = 0.00).

Conclusion: There was a decrease in macronutrient intake and frequency of eating between before and during Ramadan fasting for *overweight* students at Jenderal Soedirman University.

Keywords: Ramadhan fasting, *Overweight*, Macronutrient intake.