

## Gambaran dan faktor-faktor yang berhubungan dengan sindrom makan malam pada mahasiswa Fakultas Teknik Universitas Indonesia Depok tahun 2012

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### Abstrak

Skripsi ini membahas tentang perilaku makan menyimpang, yaitu Sindrom Makan Malam (SMM), pada mahasiswa Fakultas Teknik Universitas Indonesia Depok. Penelitian kuantitatif dengan disain cross-sectional, metode pengambilan sampel acak sederhana, analisis dengan uji kai kuadrat dan uji-t independen, serta the Night Eating Questionnaire (NEQ) digunakan sebagai alat skrining kasus. Sampel penelitian yaitu 112 orang mahasiswa FT-UI angkatan 2010 dari departemen teknik industri, teknik kimia dan arsitektur. Waktu penelitian dilakukan pada bulan april-mei 2012. SMM menunjukkan adanya dampak pada kegemukan, obesitas (Gluck, ME. 2002) hingga diabetes mellitus tipe 2 (Allison, et al. 2007). Hasil penelitian menunjukkan sebanyak 33% responden mengalami SMM dan faktor-faktor yang berhubungan antara lain stress dan depresi (OR = 2.3; nilai-p 0.046), asupan energi (nilai-p 0.002), asupan protein (nilai-p 0.003) dan asupan lemak (nilai-p 0.013). Disarankan adanya penyebarluasan informasi mengenai SMM pada mahasiswa. Selain itu diperlukan penyebarluasan informasi di FT-UI mengenai berat badan, tinggi badan dan indeks massa tubuh (IMT) yang normal sehingga mahasiswa dapat mengetahui bentuk tubuh yang baik dan sesuai untuk mereka.

.....The aim of this study is to determine the prevalence of Night Eating Syndrome (NES) and its correlates among students in Engineering Faculty, Universitas Indonesia, Depok. A total of 112 students aged 17-21 from industrial engineering, chemical engineering and architect departments, in academic year 2010. This study is a quantitative descriptive research with cross-sectional design, simple random sampling method, analyzed with Chi-square test and Independent t-test, and the Night Eating Questionnaire (NEQ) were used to screen participants. Study conducted in April until May 2012. NES contributes to overweight, obesity (Gluck, ME. 2002), and for a long-term, type 2 diabetes (Allison, et al. 2007).

The result of this study shows that prevalence of NES was 33% among total participants who screening scores met by (NEQ > 25). This study also found that NES has been associated with stress and depression (OR = 2.3; p-value 0.046), energy intake (p-value 0.002), protein intake (p-value 0.003) and fat intake (pvalue 0.013). The researcher suggests the dissemination of information regarding NES which occurs in university students. Then, it's also a necessary to disseminate information about healthy body weight, height and body mass index (BMI) in Engineering Faculty Universitas Indonesia, so that students can find their good and fit body shape.