

# Hubungan antara Frekuensi Konsumsi Makanan yang Disiapkan dari Luar Rumah dan Kualitas Diet pada Pekerja Kantor di Jakarta Selama Pandemi Covid-19 = Association between Consumption Frequency of Food Away From Home and Diet Quality among Office Workers in Jakarta During Covid-19 Pandemic

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## Abstrak

Latar Belakang: Pandemi Covid-19 telah menyebabkan perubahan budaya, termasuk bekerja dari rumah dan pola makan. Meningkatnya penggunaan aplikasi pesan antar makanan selama pandemi Covid-19, mengakibatkan lebih banyak konsumsi makanan jauh dari rumah/food away from home (FAFH), terutama di kalangan pekerja kantoran, dapat berdampak pada kualitas diet, yang dapat berkontribusi pada obesitas dan penyakit tidak menular (PTM) yang berhubungan dengan diet. Namun, hubungan antara FAFH dan faktor sosiodemografis yang memengaruhi kualitas diet pada pekerja kantoran masih belum jelas. Studi ini mengeksplorasi hubungan antara frekuensi konsumsi FAFH dan sosiodemografi terhadap kualitas diet pada pekerja kantoran. Metode: Data cross-sectional dikumpulkan dari 220 pekerja kantoran di Jakarta, Indonesia, mengenai informasi tentang sosio-demografis dan frekuensi konsumsi FAFH menggunakan kuesioner online terstruktur dan berpartisipasi dalam wawancara food recall 2x24 jam melalui wawancara online. Alternative Healthy Eating Index (AHEI) yang dimodifikasi digunakan untuk menilai kualitas diet. SPSS Versi 22 digunakan untuk semua analisis statistik dalam penelitian ini. Hasil: Kualitas diet yang secara signifikan lebih rendah ditemukan pada pekerja kantoran laki-laki dan pekerja kantoran yang mengonsumsi FAFH frekuensi tinggi ( $p < 0.05$ ). Dalam model regresi linier, kualitas diet berhubungan signifikan dengan jenis kelamin ( $\beta = -3.567$ ; 95% CI = (-6.190) - (0.945);  $p = 0.008$ ) dan frekuensi konsumsi FAFH ( $\beta = -7.853$ ; 95% CI = (-10.081) - (-5.625);  $p = 0.000$ ). Kesimpulan: Pekerja kantoran, terutama pekerja kantoran laki-laki, sebaiknya membatasi konsumsi FAFH dan memilih opsi yang lebih sehat saat mengonsumsi FAFH. Pemerintah sebaiknya memberikan program pendidikan gizi berorientasi FAFH untuk industri makanan.

.....Background: The Covid-19 pandemic has led to cultural changes, including working from home and eating patterns. The increased use of food delivery during the Covid-19 pandemic, which resulted in more consumption of food away from home (FAFH), especially among office workers, may have an impact on diet quality, which may be contributed to obesity and non-communicable diseases (NCD) related to diet. However, the relationships between FAFH and sociodemographic factors influencing diet quality among office workers are still unclear. This study explored the association between the consumption frequency of FAFH and sociodemographics on the diet quality among office workers. Methods: Cross-sectional data were collected from 220 office workers in Jakarta, Indonesia, regarding information about the socio-demographics and consumption frequency of FAFH using a structured online questionnaire and participating in the 2x24-hour dietary recall interview through an online interview. A modified Alternative Healthy Eating Index (AHEI) was used to assess the diet quality. SPSS Version 22 was used for all statistical analyses. Results: Significantly lower diet quality was found in male office workers and office workers consuming high-frequency FAFH ( $p < 0.05$ ). In the logistic linear regression model, the diet quality was

significantly associated with gender ( $\beta = -3.567$ ; 95% CI = -6.190 to -0.945;  $p = 0.008$ ) and consumption frequency of FAFH ( $\beta = -7.853$ ; 95% CI = -10.081 to -5.625;  $p = 0.000$ ). Conclusions: Office workers, especially male office workers, should limit their consumption of FAFH and choose healthier options when consuming FAFH. The government should give FAFH-oriented nutrition education programs for the food industry.