

ABSTRACT

Adults are an age group that is experiencing risk of overnutrition. Overnutrition caused by nutrient intake from drinking coffee and consuming snack, sleep timing, physical activity, and many more. During COVID-19 pandemic, it may change the behaviour of coffee consumer because of the government's policy called PSBB. The purpose of this study is to analyze relationship between drinking coffee, eating snack, and sleep timing with overnutrition of the early adulthood coffee consumer in Surabaya during COVID-19 pandemic.

This research using observational analytic research with cross sectional design. Data were collected include the measurements of weight, interviews using respondent characteristics, 2 x 24 hours food recall, SQ-FFQ, and sleep timing. Data were analyzed with chi square test and risk estimate test.

The result showed there was relationship between the habit of drink ready to drink coffee ($p=0.000$), drink instant coffee powder ($p=0.000$), drink espresso based ($p=0.000$), drink coffee frequency ($p=0.023$), drink coffee volume ($p=0.000$), drink coffee in the evening ($p=0.000$), white sugar consumption in coffee ($p=0.000$), simple sugar consumption in coffee ($p=0.000$), brown sugar consumption in coffee ($p=0.000$), eating snack frequency ($p=0.007$), energy percentage from snack ($p=0.004$), and sleep timing ($p=0.007$) with overnutrition. There was no relationship between the habit of drink manual brew coffee ($p=0.144$), drink coffee in the morning ($p=1.000$), drink coffee in the daytime ($p=0.423$), drink coffee in the afternoon ($p=0.206$), and sugar consumption in a day ($p=0.052$) with overnutrition.

The conclusion of this study is respondent with overnutrition tend to have a habit drinking coffee frequently with high contain of sugar, frequently consuming snack and having a short time of sleep. Respondent without overnutrition tend to drink coffee with less sugar, rarely consuming snack, and having an enough time of sleep. Respondent are expected to normalize their nutrition status with maintaining their consumption of sugar.

Keywords : overnutrition, coffee, snack, sleeping time

ABSTRAK

Dewasa merupakan kelompok usia yang berisiko mengalami gizi lebih. Gizi lebih dapat disebabkan karena asupan zat gizi dari kebiasaan minum kopi dan konsumsi *snack*, durasi tidur, aktifitas fisik, dan lainnya. Selama pandemi COVID-19, ada perubahan perilaku konsumen kedai kopi karena penerapan kebijakan PSBB oleh pemerintah. Tujuan dari penelitian ini adalah untuk menganalisis hubungan kebiasaan minum kopi, kebiasaan konsumsi *snack*, dan durasi tidur dengan status gizi lebih konsumen kedai kopi usia dewasa awal Kota Surabaya selama pandemi COVID-19.

Penelitian ini menggunakan jenis penelitian analitik observasional dengan rancang bangun *cross sectional*. Pengumpulan data meliputi pengukuran berat badan, wawancara menggunakan kuesioner karakteristik responden, *food recall* 2 x 24 jam, SQ-FFQ, dan durasi tidur. Analisis data menggunakan uji *chi square* dan uji *risk estimate*.

Hasil penelitian menunjukkan terdapat hubungan antara kebiasaan minum kopi *ready to drink* ($p=0,000$), kebiasaan minum kopi instan bubuk atau kopi bubuk ($p=0,000$), kebiasaan minum kopi *espresso based* ($p=0,000$), frekuensi minum kopi ($p=0,023$), volume minum kopi ($p=0,000$), kebiasaan minum kopi malam hari ($p=0,000$), konsumsi gula pasir pada kopi ($p=0,000$), konsumsi gula cair pada kopi ($p=0,000$), konsumsi gula merah pada kopi ($p=0,000$), frekuensi konsumsi *snack* ($p=0,007$), %energi dari *snack* ($p=0,004$), dan durasi tidur ($p=0,007$) dengan gizi lebih. Tidak terdapat hubungan antara kebiasaan minum kopi *manual brew* ($p=0,144$), kebiasaan minum kopi pagi hari ($p=1,000$), kebiasaan minum kopi siang hari ($p=0,423$), kebiasaan minum kopi sore hari ($p=0,206$), dan asupan gula dalam sehari ($p=0,052$) dengan gizi lebih.

Kesimpulan dari penelitian ini yaitu responden dengan gizi lebih cenderung memiliki kebiasaan minum kopi yang sering dengan kandungan gula tinggi, sering mengonsumsi *snack* serta memiliki durasi tidur yang kurang. Responden yang tidak gizi lebih cenderung meminum kopi dengan kandungan gula yang rendah, jarang mengonsumsi *snack* dan memiliki durasi tidur cukup. Responden diharapkan menormalkan status gizi dengan mengatur konsumsi gula.

Kata kunci : gizi lebih, kopi, *snack* , durasi tidur