

ABSTRACT

Breakfast is included in one of *Pedoman Umum Gizi Seimbang* which is often referred to as an indicator of the quality of a good diet. Skipping breakfast is associated with being overweight/obese and an increased risk of non-communicable diseases. On the other hand, students are included in the early adult group who report consistently skipping breakfast more often. The purpose of this study was to analyze the correlation between skipping breakfast and overeating, total daily energy intake, and obesity among students of the Nutrition Study Program, Faculty of Public Health, Airlangga University.

This research was an observational analytic study with cross sectional design. The total study sample was 55 students. This sampling used proportional stratified random sampling method. Data collection included measurements of body weight, body height, waist circumference measured independently by respondents, filling out questionnaires for levels of physical activity, levels of psychological stress online through Google forms, and food records for 7 consecutive days. Data were analyzed using SPSS v20.0 with Kendall's Tau-b test.

The results showed that there was a correlation between breakfast consumption and the incidence of overeating ($p = 0,000$) and total daily energy intake ($p = 0,000$). There was no correlation between breakfast habits with BMI ($p = 0.630$) and waist circumference ($p = 0.913$). There was no correlation between physical activity with BMI ($p = 0.171$) and waist circumference ($p = 0.527$). There was no correlation between the level of psychological stress with BMI ($p = 0.128$) and waist circumference ($p = 0.059$).

Conclusion, respondents who did not eat breakfast tend to overeat at lunch. On the other hand, there is a correlation between breakfast consumption with total daily energy intake so that respondents who have breakfast have a higher daily energy intake compared to respondents who do not eat breakfast.

Keywords: breakfast, overeating, obesity

ABSTRAK

Sarapan termasuk dalam salah satu poin Pedoman Umum Gizi Seimbang yang banyak disebut sebagai indikator kualitas pola makan yang baik. Melewatkan sarapan dihubungkan dengan *overweight*/obesitas serta peningkatan resiko penyakit degeneratif. Di sisi lain, mahasiswa termasuk dalam kelompok dewasa awal yang dilaporkan secara konsisten lebih sering melewati sarapan. Menganalisis hubungan melewati sarapan dengan kejadian *overeating*, total asupan energi harian, dan status gizi obesitas pada mahasiswa Program Studi Gizi Fakultas Kesehatan Masyarakat Universitas Airlangga.

Penelitian ini merupakan penelitian observasional analitik dengan desain *cross sectional*. Total sampel penelitian adalah 55 mahasiswa. Pengambilan sampel menggunakan metode *proportional stratified random sampling*. Pengumpulan data meliputi pengukuran berat badan, tinggi badan, lingkar pinggang yang diukur secara mandiri oleh responden, pengisian kuesioner tingkat aktivitas fisik dan tingkat stress psikologis secara *online* melalui *google formulir*, serta *food record* selama 7 hari berturut-turut. Data dianalisis menggunakan SPSS v20.0 dengan uji *Kendall's Tau-b*.

Hasil penelitian menunjukkan bahwa terdapat hubungan antara melewati sarapan dengan kejadian *overeating* ($p=0,000$) dan total asupan energi harian ($p=0,000$). Tidak terdapat hubungan antara kebiasaan sarapan dengan IMT ($p=0,630$) dan lingkar pinggang ($p=0,913$). Tidak terdapat hubungan antara aktivitas fisik dengan IMT ($p=0,171$) dan lingkar pinggang ($p=0,527$). Tidak terdapat hubungan antara tingkat stress psikologis dengan IMT ($p=0,128$) dan lingkar pinggang ($p=0,059$).

Kesimpulan dalam penelitian ini adalah responden yang tidak sarapan cenderung mengalami *overeating* pada jam makan siang. Namun di sisi lain terdapat hubungan antara melewati sarapan dengan total asupan energi harian sehingga responden yang sarapan memiliki asupan energi harian yang lebih tinggi dibandingkan dengan responden yang tidak sarapan.

Kata kunci: sarapan, *overeating*, obesitas