

ABSTRACT

**CORRELATION BETWEEN SLEEP DURATION AND DIETARY INTAKE TO
WEIGHT GAIN OF STUDENTS OF FACULTY OF MEDICINE OF UNIVERSITAS
AIRLANGGA**

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Background: Indonesia currently has the highest prevalence rate of overweight/obesity in young adults among South East Asia countries. Current treatments for obesity have been largely unsuccessful and thus, in need for new insight into the mechanisms that result in altered metabolism and behavior as sleep duration and dietary intake that contribute to weight gain.

Purpose: To study the correlation between sleep duration and dietary intake to weight gain of students in Faculty of Medicine Universitas Airlangga.

Methods: This study is a cross-sectional analytic observational study, which observes sleep duration and dietary intake that contribute to weight gain. The instrument of this study was questionnaire. This study used sample size with inclusion and exclusion criteria. The target population of this study is pre-clinical students in Faculty of Medicine in Universitas Airlangga.

Results: From the study, 27 (58.7%) respondents had 7-11 hours of sleep durations and 19 (41.3%) of the respondents had less than 7 hours of sleep durations, with mean of 7.231 hours and SD of 1.1209. 31 (67.4%) respondents had weight gain during this study, but 15 (32.6%) of the respondents did not had weight gain during this study. This study found no correlation between sleeps durations and dietary intake ($p > 0.729$), no correlation between sleeps durations and weight gain ($p > 0.518$) and no correlation between dietary intake and weight gain ($p > 0.295$).

Conclusion: Sleeps durations and dietary intake does not have any significant correlation to weight gain.

Keywords: Sleep durations, dietary intake, weight gain.