

***Relationship of Diet Sources of Antioxidants and Physical Activity with
Depression Symptoms in Final Year College Students***

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ABSTRACT

Depressive symptoms are a collection of behaviors and feelings that can be specifically classified as depression. Depressive symptoms in college students are characterized by attitudes that begin to deviate than usual. This symptom easily occurs in students who are in their thesis preparation. Having a diet with more diverse sources of antioxidants and physical activity can help in overcoming the symptoms of depression that occur. Antioxidants obtained from a variety of foods can inhibit free radicals that can trigger depressive symptoms. Various physical activities can also divert student fatigue in carrying out their final assignments. The purpose of this study was to determine the relationship between dietary sources of antioxidants and physical activity with depression symptoms in final year college students. This type of research uses an analytic survey with a cross-sectional design. Sampling in this study used non-probability sampling, namely accidental sampling by distributing online questionnaires to final semester students in Jember. The subjects in this study were 96 people. To anticipate the drop out, the researcher added 10% of the total subjects studied, namely 9.6 people rounded up to 10 people so that the number of subjects became 106 people. The results of this study were analyzed using the chi square test coupled with the odds ratio to determine the relative risk, as well as multiple logistic regression tests. The results showed that there was a relationship between vitamin C and depressive symptoms (p value = 0.01), there was a relationship between vitamin E and depressive symptoms (p value = 0.00), there was a relationship between beta carotene and depressive symptoms (p value = 0, 00), and there is a relationship between physical activity and depressive symptoms (p value = 0.00). The conclusion of this study is that there is a relationship between dietary sources of antioxidants such as vitamin C, vitamin E, beta carotene, and physical activity on depression symptoms that occur in final year college students.

Keywords: *Vitamin C, Vitamin E, Beta Carotene, Physical Activity, Depressive Symptoms*