

The Relationship between Night Eating Syndrome and Obesity in Students at the State Polytechnic of Jember

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ABSTRACT

Obesity is a health problem worldwide. The prevalence of obesity in Indonesia based on data from the Basic Health Research (Riskesdas) in 2018 in adults >18 years has continued to increase since 2007. One of the causes of obesity is a deviant eating pattern such as the Night Eating Syndrome. Night eating syndrome is defined as a pattern of daily delay in food intake characterized by three symptoms, namely emotional eating in the afternoon or evening, insomnia, and morning anorexia. The purpose of this study was to analyze the relationship between Night Eating Syndrome and obesity in students at the State Polytechnic of Jember. The design of the study was analytic observational with a cross sectional study design. The subjects in this study were 50 obese students who were selected using the accidental sampling technique. The data collected in the form of subject identity data, weight, height, Night Eating Syndrome data, physical activity data, and food intake data. Data analysis was tested using the Chi Square test. The research instrument used the subject identity data form, weight scales, microtoise, Night Eating Questionnaire, International Physical Activity Questionnaire, 1x24 hour food recall form, and food photo book. The results showed that the majority of Jember State Polytechnic students (66%) had Dinner Syndrome, and obese students II (56%) were more than obese students I (44%). The conclusion of this study is that there is a significant relationship between Night Eating Syndrome and various types of obesity ($p=0,016$).

Keywords: college students, obesity, night eating syndrome.