

RELATIONSHIP OF EAT PATTERN, PHYSICAL ACTIVITIES AND SLEEP PATTERNS WITH THE INCIDENCE OF OBESITY IN ADOLESCENTS

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ABSTRACT

Obesity is a condition characterized by an imbalance between the incoming energy and the energy that comes out. This excess energy will be released in adipose tissue for a long time. Obesity is not only found in adults, but also in children and adolescents. Obesity was related to lifestyle changes such as diet and physical activity, including social, cultural, interaction, and genetic factors. The purpose of this study was to study the relationship between diet, physical activity and sleep patterns with the incidence of obesity in adolescents. Diet was obtained using the Food Frequency Questionnaire (FFQ), physical activity using the International Physical Activity Questionnaire (IPAQ), and sleep patterns using the Pittsburgh Sleep Quality Index (PSQI). The method of this research is an analytical survey using Cross Sectional method. The subjects in this study were 90 students of class X and XI with stratified random sampling techniques. Statistical analysis using SPSS 16.0 with Eta test and Contingency Coefficient test. The results showed that students had poor diet, mild physical activity and poor sleep patterns. The results of the analysis show that there is a relationship between diet and obesity ($p = 0.12$), and there is a relationship between physical activity and the incidence of obesity ($p = 4.74$) and sleep patterns with the incidence of obesity ($p = 0,000$, $r = 0,346$). The conclusion is that diet with a rare category shows no relationship with the incidence of obesity and mild physical activity and poor sleep patterns indicate a relationship with the incidence of obesity.

Keywords: Diet, Physical Activity, Sleep Pattern, Obesity