

The Relationship between the Frequency of Using Online Food Delivery Applications and the Incidence of Obesity in College Students in Jember Regency (Hubungan Frekuensi Penggunaan Aplikasi Pesan Antar Makanan Online dengan Kejadian Obesitas pada Mahasiswa di Kabupaten Jember).

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ABSTRACT

Obesity is defined as an abnormal condition caused by excess fat in adipose tissue which can impair health. Obesity is more common in urban areas. This is related to lifestyle, where urban areas it is the center of economic development with all facilities and conveniences that are easily available. One of the current technological developments is the existence of an online food delivery application, this service is growing rapidly in Jember Regency. This study aims to determine the relationship between the frequency of using online food delivery applications and the incidence of obesity in college students in the Jember Regency. The sample for this study were students at 5 tertiary institutions in the Summersari area (Universitas Negeri Jember, Politeknik Negeri Jember, Universitas Muhammadiyah Jember, Universitas PGRI Argopuro Jember, ITS Mandala Jember). This research method uses a *cross-sectional* design. The number of subjects in this study was 66 students using a *convenience sampling technique*. The results of data analysis using the *Chi-Square test* obtained a *p-value* of 0.708, meaning that there is no relationship between the frequency of using online food delivery applications and obesity. The conclusion of this study was that there was no relationship between the frequency of using online food delivery applications and the incidence of obesity in students in Jember Regency.

Keywords: food delivery app, frequency of use, obesity, student.