

**Hubungan Durasi Tidur dan Kebiasaan Konsumsi Makanan Pedas dengan
Kejadian Obesitas pada Mahasiswa Politeknik Negeri Jember** (*The
Relationship Between Sleep Duration and Spicy Food Consumption Habits with
The Obesity Incidence Among College Students At Jember State Polytechnic*)

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ABSTRACT

College students are a vulnerable population in experiencing behavioral changes, as they have high academic burdens and stress levels, which cause a lack of sleep duration and increased hunger. The changes in eating habits such as consuming spicy foods which is contain capsaicin can cause addiction and increase food portions. There is an imbalance between the intake of nutritional consumption and the recommended nutritional needs. One of the nutritional problems that can occur is obesity. Obesity happens when the body weight reached >20% of the normal body weight. The purpose of the research was to determine the relationship between sleep duration and spicy food consumption habits with the obesity incidence in college students. The type of research was quantitative by using an analytic survey method with a cross-sectional design. The population of the research was college students at the Jember State Polytechnic with a total sample 96 people. The statistical analysis used the Chi-Square test. The conclusion based on the analysis showed there is a relationship between sleep duration ($p=0.000$) and spicy food consumption habits ($p=0.000$) with the obesity incidence in college students.

Keywords: Sleep Duration, Spicy Food Consumption Habits, and Obesity