

***Correlation between the Frequency of Using Online Food Delivery Applications
and Physical Activity with Obesity Status in College Students
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ABSTRACT

Overweight and obesity are one of the three main nutritional problems for adolescents in Indonesia where technology plays a role in changing lifestyles in the younger generation. The emergence of innovative online food delivery applications will change user consumption patterns. People with body mass index above normal have more leisure time which has an impact on lifestyle changes where physical activity is decreasing. The increasing intensity of using online food delivery applications and low physical activity can interfere with health. This study aims to determine the relationship between the frequency of using food delivery applications and physical activity with obesity status among students at the Health Department of Jember State Polytechnic. This research is a cross-sectional study of research with a total sampling method. There were 62 subjects. The data was obtained by measuring body weight and height and providing a questionnaire on the frequency of using the food delivery application and GPAQ to determine the subject's physical activity. Data were analyzed using the Chi-Square test in SPSS 22. From this study, the results showed there was no significant relationship between the frequency of using the online food delivery and obesity status. There was a significant relationship and low correlation coefficient value of physical activity with obesity status.

Key words: college students, obesity, online food delivery apps, physical activity