

The Relationship between Self-Efficacy and Diet Compliance in Obese Students at Jember State Polytechnic (Hubungan Efikasi Diri Dan Kepatuhan Diet Pada Mahasiswa Obesitas Di Politeknik Negeri Jember)

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ABSTRACT

When the body's fat content beyond the necessary needs, it is called obesity. Treatment options for obesity including behavioral modifications, surgery, physical activity, medication, and nutritional adjustments. Lack of self-efficacy or confidence is one barrier to managing obesity. The purpose of this study is to determine how obese Jember State Polytechnic students' diet compliance and self-efficacy relate to one another. Students at Jember State Polytechnic who are obese serve as the research sample. This study employs a cross-sectional approach in an analytical survey research design. This study had 65 students as participants, and convenience sample methods were used in its execution. There were 18 male and 47 female responders in this study. The average age of respondents was 21.66 years, with a standard deviation of around 1.37 years. There were 19 students with a nutritional state of severe obesity and 46 students with a nutritional status of severe obesity. Then, there were 38 students with strong self-efficacy and 27 with poor self-efficacy; moreover, there were 39 students who followed the diet and 26 who did not. The Chi-Square statistical test was used to analyze the data, and the results showed that there was a link between self-efficacy and obesity of 0.014 and 0.031, respectively, and between diet compliance and obesity. Based on the analysis's findings, it was determined that there was a correlation between students' obesity and diet compliance as well as a strong association between self-efficacy and obesity.

Keywords: Self-Efficacy, Diet Compliance, College Students, obesity