

**Relationship between Breakfast Habits, Sleep Duration and Stress Levels
with the Incidence of Obesity in Health Department Students at Jember State
Polytechnic**

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ABSTRACT

One group that is vulnerable to nutritional problems is university students. One lifestyle that can affect nutritional status is breakfast habits. In addition, short sleep duration can also affect nutritional status. A person's psychological condition, namely stress, can affect nutritional status, because for some people eating is used as stress coping. The purpose of this study was to determine the relationship between breakfast habits, sleep duration and stress levels with the incidence of obesity in college students. This type of research uses an analytical observational method with a cross sectional design. The sampling technique in this study used purposive sampling. The population of this study were active students of the Jember State Polytechnic Health Department with a total sample of 98 people. Statistical analysis using SPSS application with spearman rho test. Conclusion based on the analysis that has been done, the results show that there is a relationship between breakfast habits ($p=0.000$, $r = - 0.491$) and sleep duration ($p=0.011$, $r = - 0.255$) with the incidence of obesity in students. There is no relationship between stress levels ($p=0.370$, $r = 0.092$) and the incidence of obesity in students.

Keywords : Breakfast Habits, Sleep Duration, Stress Levels, and Obesity