

**THE RELATIONSHIP BETWEEN FIBER INTAKE AND SCREEN TIME WITH  
THE INCIDENCE OF OBESITY AMONG STUDENTS  
AT STATE POLYTECHNIC OF JEMBER**

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**ABSTRACT**

*Obesity is a growing global health issue, including among university students. Lifestyle factors such as low dietary fiber intake and high screen time are suspected to contribute to the increased risk of obesity. In Indonesia, the prevalence of obesity continues to rise, including among college students. A preliminary study at the State Polytechnic of Jember showed that 29.9% of students were classified as obese. This study aims to determine the relationship between dietary fiber intake and screen time with the incidence of obesity among students at the State Polytechnic of Jember. This research employed an analytical quantitative approach with a cross-sectional design. A total of 97 students were selected using cluster random sampling. Data were collected through the Semi Quantitative Food Frequency Questionnaire (SQ-FFQ), a standardized screen time questionnaire, and Body Mass Index (BMI) measurements to determine obesity status. Cramér's  $V$  test was used to analyze the relationship between fiber intake and nutritional status (obesity), and Kendall's Tau test was used to analyze the relationship between screen time and obesity. There was a significant relationship between fiber intake and the incidence of obesity ( $p = 0.000$ ) with a strong association (correlation coefficient = 0.673). In addition, screen time also showed a significant relationship with obesity ( $p = 0.000$ ) with a moderate association (correlation coefficient = 0.512). The conclusion of this study is that there is a significant relationship between fiber intake and screen time with the incidence of obesity among students. Students with low fiber intake and high screen time tend to have a higher likelihood of experiencing obesity.*

*Keywords: Obesity, Fiber Intake, Screen Time, Students, BMI (Body Mass Index)*