

***The Relations of Fruits, Vegetables, and Junk Food Diet with Depression
Symptoms in Final Year College Students***

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ABSTRACT

Depression is a common mental disorder and ranks third as a disease with the largest economic burden in the world. More than 80% of depression occurs in people with low income and middle-income countries, one of which is Indonesia. Depression can be experienced by various groups, including final year college students who are writing their thesis. Therefore, it is necessary to make preventive efforts to overcome the problem of depression. Junk food is a ready-to-eat food that is high in calories, high in fat, sugar, salt, low in nutrients, and high in food additives, such as colorings and flavor enhancers. Students choose junk food because it is easy to find anywhere and anytime. In addition, consuming junk food has become a habit so that people are lazy to provide healthy foods, such as fruits and vegetables. High consumption of junk food, also low consumption of fruits and vegetables is associated with an increased risk of depression. The aim of this study was to determine the relations between fruit, vegetable and junk food diet with symptoms of depression in final year students. This type of research uses an analytic survey with a cross-sectional design. Sampling in this study used non-probability sampling, namely purposive sampling by distributing online questionnaires to final semester students in Jember. Subjects in the study were 96 people, to anticipate the drop out, the researchers added 10% of the total subjects studied, namely 9.6 people rounded up to 10 people so that the number of subjects became 106 people. The results of the study were analyzed using the chi square test coupled with the odds ratio to determine the relative risk, as well as multiple

logistic regression tests. The results showed that there was a relations between fruit consumption and depressive symptoms (p value = 0.019), between vegetable consumption and depressive symptoms (p value = 0.013), and between junk food consumption and depressive symptoms (p value = 0.040). The conclusion of this study is that there is a relations between fruit, vegetable and junk food diets with symptoms of depression in final year students. In further research is expected to be able to use the research design and data retrieval methods differ by considering other risk factors as confounding variables.

Keywords: *Depressive Symptoms, Fruits, Junk Food, Vegetables*