

ABSTRAK

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HUBUNGAN POLA MAKAN DENGAN KEJADIAN *METABOLIC SYNDROME (METS)* PADA MAHASISWA KEPERAWATAN DI UNIVERSITAS MUHAMMADIYAH PEKAJANGAN PEKALONGAN

Latar Belakang: Sindrom Metabolik atau MetS merupakan sekelompok gejala yang meningkatkan risiko penyakit serius seperti penyakit jantung koroner, stroke, dan diabetes. Fenomena gaya hidup dan pola makan tidak sehat, dipengaruhi oleh tren makanan viral di media sosial, berkontribusi pada meningkatnya prevalensi MetS, khususnya di kalangan mahasiswa yang mengalami tekanan akademik dan pola makan tidak teratur. Penelitian ini bertujuan untuk menyelidiki hubungan antara pola makan dan kejadian MetS pada mahasiswa keperawatan semester 3 di Universitas Muhammadiyah Pekajangan Pekalongan.

Metode: Penelitian kuantitatif ini menggunakan desain deskriptif asosiatif pada 218 mahasiswa keperawatan semester 3 tahun akademik 2023/2024 di Universitas Muhammadiyah Pekajangan Pekalongan. Data dikumpulkan melalui kuesioner pola makan dari Johnson yang sudah diterjemahkan dengan metode Beaton dan pemeriksaan fisik sesuai definisi MetS menurut Joint Interim Statement (JIS), lalu dianalisis dengan Spearman Rank menggunakan IBM SPSS versi 26.

Hasil: Sebanyak 218 responden dianalisis. Mayoritas responden memiliki pola makan "Normal" (72,5%) dan tidak berisiko terhadap MetS (94,5%). Hasil analisis menunjukkan korelasi sangat lemah antara pola makan dengan kejadian MetS ($r=0,009$; $p = 0,895$ artinya bahwa nilai $p > 0,05$), sehingga disimpulkan bahwa tidak ada hubungan signifikan antara pola makan dan MetS pada populasi ini.

Simpulan: Penelitian ini menyimpulkan bahwa tidak terdapat hubungan yang signifikan antara pola makan dengan kejadian MetS pada mahasiswa keperawatan semester 3 di Universitas Muhammadiyah Pekajangan Pekalongan. Meskipun demikian, penting untuk terus mempromosikan gaya hidup sehat guna meningkatkan kesadaran akan pentingnya pola makan sehat dalam pencegahan MetS.

Kata Kunci: Sindrom Metabolik, Pola Makan, Mahasiswa

Daftar Pustaka: 97 (1989-2024)

ABSTRACT

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THE CORRELATION BETWEEN EATING PATTERNS AND THE INCIDENCE OF METABOLIC SYNDROME (METS) AMONG NURSING STUDENTS AT THE UNIVERSITY OF MUHAMMADIYAH PEKAJANGAN PEKALONGAN

Background: Metabolic syndrome (MetS) is a cluster of symptoms that increases the risk of serious diseases such as coronary heart disease, stroke, and diabetes. Unhealthy lifestyles and eating patterns, influenced by viral food trends on social media, contribute to the rising prevalence of MetS, especially among students who experience academic stress and irregular eating habits. This study aims to investigate the correlation between eating patterns and the incidence of MetS among third-semester nursing students at Muhammadiyah University of Pekajangan Pekalongan.

Methods: This quantitative study used a descriptive associative design with 218 third-semester nursing students for the academic year 2023/2024 at Muhammadiyah University of Pekajangan Pekalongan. Data were collected using the Johnson eating pattern questionnaire, which was translated using the Beaton method, and physical examinations according to the MetS definition by the Joint Interim Statement (JIS). Data were analyzed using Spearman Rank correlation with IBM SPSS version 26.

Results: Out of 218 respondents, the majority had a "normal" eating pattern (72.5%) and were not at risk for MetS (94.5%). The analysis showed a very weak correlation between eating patterns and the incidence of MetS ($r = 0.009$; $p = 0.895$, indicating that $p > 0.05$). This suggests that there is no significant correlation between eating patterns and MetS in this population.

Conclusion: This study concluded that there is no significant correlation between eating patterns and the incidence of MetS among third-semester nursing students at Muhammadiyah University of Pekajangan Pekalongan. However, it remains important to continue promoting a healthy lifestyle to raise awareness about the importance of healthy eating patterns in preventing MetS.

Keywords: metabolic syndrome, dietary patterns, students.

References: 97 (1989-2024)