

ABSTRAK

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**HUBUNGAN ASUPAN KARBOHIDRAT TERHADAP FUNGSI KOGNITIF
PADA MAHASISWA PRA-KLINIK FAKULTAS KEDOKTERAN UNIVERSITAS
PELITA HARAPAN (xiv + 39 halaman: 3 bagan; 7 tabel; 5 lampiran)**

Peralihan masa dewasa dapat menyebabkan mahasiswa perguruan tinggi mengembangkan kebiasaan gizi buruk seperti melewati jam makan dan membatasi asupan. Kecukupan gizi, terutama karbohidrat, sangat ditekankan karena menyediakan energi yang dibutuhkan fungsi otak optimal. Penelitian sebelumnya telah menemukan asosiasi positif antara asupan karbohidrat terhadap fungsi kognitif.

Penelitian ini bertujuan untuk mengetahui hubungan antara asupan karbohidrat dengan fungsi kognitif. Hipotesis yang akan dibuktikan adalah adanya hubungan antara asupan karbohidrat dengan fungsi kognitif pada mahasiswa pra-klinik FK UPH.

Penelitian ini menggunakan desain studi potong lintang pada 124 mahasiswa pra-klinik FK UPH. Pengambilan sampel dilakukan secara *simple random sampling*, sedangkan pengambilan data menggunakan *Food Frequency Questionnaire* untuk menilai asupan karbohidrat dan *Montreal Cognitive Assessment* untuk fungsi kognitif. Hasil penelitian dianalisis menggunakan uji statistik *Chi Square* dan program *Statistical Package for the Social Sciences*.

Dari 124 responden yang memenuhi kriteria penelitian, terdapat 62 (50,0%) responden yang berasupan karbohidrat kurang, 35 (28,2%) responden dengan asupan cukup, dan 27 (21,8%) responden dengan asupan lebih. 92 (74,2%) responden menunjukkan fungsi kognitif yang kurang, sedangkan 32 (25,8%) responden menunjukkan fungsi kognitif normal. Analisis data menunjukkan terdapat hubungan signifikan antara asupan karbohidrat dengan fungsi kognitif ($p = 0,035 < 0,05$).

Kata Kunci: asupan, karbohidrat, gizi, kognitif, mahasiswa, kedokteran.

Referensi: 36 (1999-2020).

ABSTRACT

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***RELATIONSHIP BETWEEN CARBOHYDRATE INTAKE AND COGNITIVE
FUNCTION IN PRE-CLINIC STUDENTS OF PELITA HARAPAN UNIVERSITY
FACULTY OF MEDICINE (xiv + 39 pages: 3 diagrams; 7 tables; 5 attachments)***

The transition to adulthood may result in college students developing poor nutritional habits such as skipping meals and limiting intake. Adequate nutrition, especially carbohydrates, is emphasized because it provides energy required for optimal brain function. Previous studies have found a positive association between carbohydrate intake and cognitive function.

This study aims to determine the relationship between carbohydrate intake and cognitive function. The hypothesis that will be proven is that there is a relationship between carbohydrate intake and cognitive function in pre-clinical students of UPH Faculty of Medicine.

This study used a cross-sectional study design on 124 pre-clinical students of UPH FK. Sampling was done by simple random sampling, while data was collected using the Food Frequency Questionnaire to assess carbohydrate intake and the Montreal Cognitive Assessment for cognitive function. The results of the study were analyzed using the Chi Square statistical test and Statistical Package for the Social Sciences program.

Of the 124 respondents who fulfilled the study criteria, there were 62 (50.0%) respondents with deficient carbohydrate intake, 35 (28.2%) respondents with sufficient intake, and 27 (21.8%) respondents with excess intake. 92 (74.2%) respondents demonstrated poor cognitive function, while 32 (25.8%) respondents demonstrated normal cognitive function. Data analysis shows that there is a significant relationship between carbohydrate intake and cognitive function ($p = 0.035 < 0.05$).

Keywords: intake, carbohydrates, nutrition, cognitive, student, medicine.

References: 36 (1999-2020).