ABSTRAK

HUBUNGAN TINGKAT *DIETARY DIVERSITY SCORE* (DDS) DENGAN
KECENDERUNGAN DEPRESI PADA MAHASISWI FAKULTAS
KEDOKTERAN UNIVERSITAS PELITA HARAPAN ANGKATAN 2017-2020

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Latar belakang: Depresi merupakan gangguan mental yang ditandai suasana hati tertekan, kehilangan minat, penurunan rasa percaya diri, gangguan tidur atau makan. Keanekaragaman konsumsi pangan merupakan tanda pola makan yang sehat dan dibutuhkan untuk mencapai pertumbuhan yang optimal. *Dietary Diversity Score* sangat terjangkau dalam menilai kualitas pangan individu. Sebuah penelitian Poorrezaeian et al. menunjukkan bahwa peningkatan satu unit DDS berkaitan dengan penurunan 39% risiko depresi berat. Penelitian ini hanya menunjukkan adanya asosiasi terbalik antara DDS dan depresi berat pada wanita sehingga membutuhkan penelitian lebih lanjut untuk memastikan korelasi ini.

Metode Penelitian: Penelitian ini merupakan studi observasional analitik komparatif kategorik tidak berpasangan dengan pengambilan data potong lintang di FK UPH. Sampel penelitian berjumlah 93 mahasiswi angkatan 2017-2020. Pengambilan sampel dilakukan dengan teknik *sampling* non probabilitas *convenience* pada bulan Januari-Februari 2021

Hasil Penelitian: Hasil penelitian diolah dengan analisis *Chi Square*. Hasil penelitian terdapat hubungan signifikan antara tingkat *Dietary Diversity Score* dengan kecenderungan depresi dengan nilai signifikansinya $p = 0.001$, $OR = 0.042$ (95% CI: 0.012-0.155).

Kesimpulan: Mahasiswi Fakultas Kedokteran Angkatan 2017 - 2020 dengan *Dietary Diversity Score* tinggi memiliki 95.8% risiko yang lebih rendah untuk mengalami kecenderungan depresi.

Kata Kunci

Dietary Diversity Score, DDS, Keanekaragaman Konsumsi Pangan, Depresi, Mahasiswi

ABSTRACT

RELATIONSHIP BETWEEN DIETARY DIVERSITY SCORE (DDS) WITH TENDENCY OF DEPRESSION IN FEMALE STUDENTS AT FACULTY OF MEDICINE UNIVERSITAS PELITA HARAPAN BATCH 2017-2020

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Background: Depression is a mental disorder marked by depressed mood, loss of interest, low self-esteem, sleep or eating disorders. Dietary Diversity has been known as a hallmark of healthy diet. Food consumption containing all food groups required to achieve adequate nutrition and optimal individual growth. The Dietary Diversity Score is widely used as an easy and affordable index in assessing the quality of individual dietary. Research conducted by Poorrezaeian et al. on women in developing countries showed that increase in one unit of DDS reduced the risk of severe depression by 39%. Research only shows an inverse association between DDS and severe depression in women so further research is needed to confirm this.

Methods: The research is an unpaired categorical comparative analytic observational study with cross-sectional data collection at the Faculty of Medicine, University of Pelita Harapan. The sample of this study consisted of 93 female students from batch 2017-2020. Sample will be chosen by non-probability convenience method from January-February 2021.

Result: The result will be analyzed with Chi Square. There was a significant relationship between *Dietary Diversity Score* and the tendency of depression with a significance value of $p = 0.001$, OR = 0.042 (95% CI = 0.012-0.155).

Conclusion: Female students at Faculty of Medicine Universitas Pelita Harapan batch 2017-2020 with high Dietary Diversity Score have 95.8% higher risk to have depression tendency.

Keywords

Dietary Diversity Score, DDS, Dietary Diversity, Depression, Female Students