

ABSTRAK

Latar Belakang: Pada bulan Maret 2020, *World Health Organization* (WHO) mengumumkan bahwa Covid-19 menjadi pandemi sehingga terdapat metode pembelajaran jarak jauh yang mengakibatkan mahasiswa mengalami tekanan akademik dan tingkat stres. Stres meningkatkan hormon kortisol dan insulin yang menstimulasi sekresi hormon ghrelin yang menyebabkan nafsu makan berlebih sehingga kemungkinan terjadi peningkatan indeks masa tubuh menjadi obesitas. Walaupun pada penelitian sesudah pandemi terdapat perbedaan bermakna mengenai hubungan antara gangguan makan berlebih dengan indeks masa tubuh kategori normal, namun belum banyak diteliti hubungannya dengan indeks masa tubuh kategori obesitas dimana terjadi penumpukan lemak visceral akibat gangguan makan berlebih.

Tujuan Penelitian: Mengetahui hubungan antara gangguan makan berlebih yang diukur menggunakan kuesioner *Eating disorder diagnostic scale* (EDDS) dengan IMT kategori obesitas pada mahasiswa Fakultas Kedokteran Universitas Pelita Harapan selama masa pandemi Covid-19.

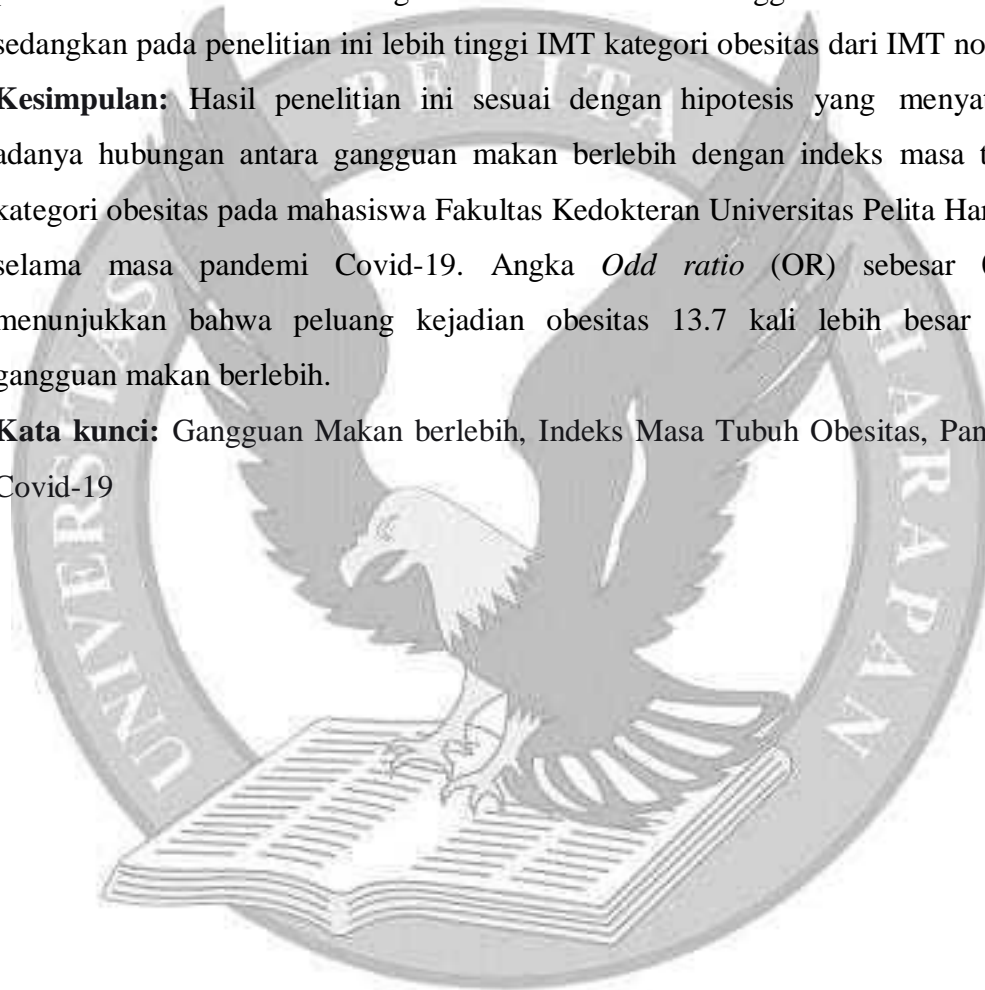
Metode Penelitian: Desain penelitian berupa studi analitik komparatif kategorik tidak berpasangan. Kuesioner *Eating disorder diagnostic scale* (EDDS) dan data berat badan serta tinggi badan dibagikan kepada mahasiswa FK UPH angkatan 2021 yang masih mengalami pembelajaran secara daring. Data yang didapat dari 63 responden mahasiswa yang memenuhi kriteria inklusi diolah menggunakan *Microsoft Excel* dan dianalisis dengan uji *Pearson's Chi-Square* menggunakan program SPSS-25.

Hasil dan Pembahasan: Dari data kuesioner EDDS dibagi menjadi 2 variabel dengan resiko tinggi gangguan makan berlebih yaitu 21 responden sedangkan responden dengan resiko rendah tanpa gangguan makan terdapat sebanyak 42 responden. Dari variabel resiko tinggi terdapat 21 responden menunjukkan IMT obesitas dan 0 responden tidak obesitas sedangkan dari kelompok variabel resiko rendah terdapat 4 responden menunjukkan IMT obesitas dan 38 responden tidak obesitas. Berdasarkan hasil uji *Pearson's Chi-Square* menunjukkan hasil yang

bermakna dengan $p\text{-value} < 0.001$, dan *Odd ratio* (OR) = 0.160 yang berarti bahwa responden dengan gangguan makan berlebih memiliki peluang mengalami obesitas sebesar 13.7 kali lebih besar. Dari kedua penelitian selama masa pandemi terdapat hubungan bermakna antara gangguan makan berlebih dengan indeks masa tubuh baik normal maupun obesitas. Hal tersebut diduga karena pada penelitian terdahulu data kategori IMT normal lebih tinggi dari IMT obesitas sedangkan pada penelitian ini lebih tinggi IMT kategori obesitas dari IMT normal.

Kesimpulan: Hasil penelitian ini sesuai dengan hipotesis yang menyatakan adanya hubungan antara gangguan makan berlebih dengan indeks masa tubuh kategori obesitas pada mahasiswa Fakultas Kedokteran Universitas Pelita Harapan selama masa pandemi Covid-19. Angka *Odd ratio* (OR) sebesar 0.160 menunjukkan bahwa peluang kejadian obesitas 13.7 kali lebih besar pada gangguan makan berlebih.

Kata kunci: Gangguan Makan berlebih, Indeks Masa Tubuh Obesitas, Pandemi Covid-19



ABSTRACT

Background: In March 2020, the World Health Organization (WHO) announced that Covid-19 had become a pandemic so there was a distance learning method that caused students to experience academic pressure and stress levels. Stress increases the hormones cortisol and insulin which stimulate the secretion of the hormone ghrelin which causes excessive appetite so that there is a possibility of increasing the body mass index to obesity. Even though in post-pandemic studies there were significant differences regarding the relationship between overeating disorders and the normal body mass index, there has not been much research on the relationship with the obesity category where there is accumulation of visceral fat due to binge eating disorders.

Aim: Knowing the relationship between eating disorders as measured using the Eating disorder diagnostic scale (EDDS) questionnaire and BMI in the obesity category in students of the Faculty of Medicine, University of Pelita Harapan during the Covid-19 pandemic.

Method: The research design is an unpaired categorical comparative analytic study. The Eating disorder diagnostic scale (EDDS) questionnaire and data on weight and height were distributed to UPH Faculty of Medicine students class of 2021 who are still experiencing online learning. Data obtained from 63 student respondents who met the inclusion criteria were processed using Microsoft Excel and analyzed with the Pearson's Chi-Square test using the SPSS-25 program.

Result: From the EDDS questionnaire data it was divided into 2 variables with a high risk of binge eating disorder, namely 21 respondents, while respondents with a low risk without eating disorders were 42 respondents. Of the high-risk variables, there were 21 respondents who showed obese BMI and 0 respondents who were not obese, while from the low-risk variable group, there were 4 respondents who showed obese BMI and 38 respondents who were not obese. Based on the results of the Pearson's Chi-Square test, the results showed a significant p -value <0.001 , and Odd ratio (OR) = 0.160, which means that respondents with binge eating disorders have a 13.7 times greater chance of

being obese. From the two studies during the pandemic, there was a significant relationship between eating disorders and body mass index, both normal and obese. This is presumably because in previous studies the normal BMI category was higher than the obese BMI category, while in this study the BMI obesity category was higher than normal BMI.

Conclusion: *The results of this study are in accordance with the hypothesis which states that there is a relationship between overeating disorders and body mass index in the obesity category in students of the Faculty of Medicine, Pelita Harapan University during the Covid-19 pandemic. The odds ratio (OR) of 0.160 indicates that the chance of obesity is 13.7 times greater in binge eating disorders.*

Keywords: *Binge Eating Disorder, Obesity Body Mass Index, Covid-19 Pandemic,*

