

ABSTRAK

Davina Danusantoso (01071190114)

HUBUNGAN ANTARA PENINGKATAN *SCREEN-TIME* DENGAN PERUBAHAN BERAT BADAN PADA MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS PELITA HARAPAN SELAMA PANDEMI COVID-19

Latar belakang: Teknologi yang semakin canggih mengakibatkan penggunaan *screen-time* pada generasi muda meningkat terutama disaat pandemi Covid-19 seperti ini, dimana peningkatan *screen-time* menjadi sangat tinggi. Peningkatan penggunaan *screen-time* merupakan salah satu faktor yang dapat menyebabkan perubahan pada berat badan seseorang. Beberapa penelitian telah membuktikan adanya hubungan antara peningkatan *screen-time* dengan perubahan berat badan selama pandemi Covid-19. Namun, belum ada penelitian yang dilakukan terhadap mahasiswa yang sedang menjalani program studi kedokteran tingkat akademik dan profesi di Fakultas Kedokteran Universitas Pelita Harapan. Penelitian ini didasari oleh perubahan berat badan peneliti yang meningkat selama masa pembelajaran daring. Peneliti ingin mengetahui apakah hal tersebut juga dialami oleh mahasiswa FK-UPH lainnya.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui adanya hubungan antara peningkatan *screen-time* dengan perubahan berat badan.

Metode: Penelitian ini menggunakan desain studi potong lintang pada 117 mahasiswa Fakultas Kedokteran Universitas Pelita Harapan angkatan 2018 dan 2019 yang dipilih dengan metode *simple random sampling*. Pengambilan data menggunakan kuisioner *Screen-time Questionnaire (STQ)*, *Food Frequency Questionnaire (FFQ)*, *Pittsburgh Sleep Quality Index (PSQI)*, dan pengukuran antropometri menggunakan timbangan badan yang dimiliki masing-masing responden. Hasil dianalisis menggunakan uji *Pearson's Chi-Square*.

Hasil: Hasil penelitian ini menunjukkan adanya hubungan yang signifikan antara peningkatan *screen-time* dengan perubahan berat badan pada mahasiswa FK-UPH selama pandemi Covid-19 ($p\text{-value}=0,035$). Dari hasil analisis data, diketahui 79,7% mahasiswa dengan peningkatan *screen-time* dan 59% mahasiswa dengan *screen-time* tidak meningkat, mengalami perubahan berat badan selama pandemi Covid-19.

Kesimpulan: Merujuk pada hasil analisis data dan temuan penelitian, maka dapat disimpulkan bahwa peningkatan *screen-time* berpengaruh terhadap perubahan berat badan mahasiswa FK-UPH selama pandemi Covid-19.

Kata Kunci: Peningkatan *screen-time*, perubahan berat badan, mahasiswa FKUPH

Referensi : 51 (2007-2021)

ABSTRACT

Davina Danusantoso (01071190114)

THE RELATIONSHIP BETWEEN INCREASED SCREEN-TIME AND CHANGE IN BODY WEIGHT OF MEDICAL STUDENTS OF FACULTY OF MEDICINE, PELITA HARAPAN UNIVERSITY DURING THE COVID-19 PANDEMIC

Background: *Advanced technology causes screen-time in young generation to increase, especially during the Covid-19 pandemic, in which use of screen-time is very high. Increased screen-time is one of the factors that leads to a change in a person's body weight.. Several studies have shown the relationship between increased screen-time and change in body weight during the Covid-19 pandemic. However, there has been no research conducted on medical students of academic and professional level in Faculty of Medicine, Pelita Harapan University. This research is conducted based on the researcher's experience as a medical student who tend to gain weight during online learning. Furthermore, the researcher wants to find out whether the latter is also experienced by other medical students of Pelita Harapan University.*

Aim of study: *This study aims to find out the relationship between increased screen-time and change in a person's body weight.*

Method: *This study uses a cross-sectional design on 117 medical students of academic year 2018 and 2019 in Faculty of Medicine, Pelita Harapan University. The sample is taken using simple random sampling. Data is collected using Screen-time Questionnaire(STQ), Food Frequency Questionnaire (FFQ), Pittsburgh Sleep Quality Index (PSQI), and antropometric measurement using weighing scale owned by each of the respondent. Results are to be analyzed using the Pearson's Chi-square test.*

Results: *Results of the study shows a significant relationship between increased screen-time and change in body weight among medical students of Pelita Harapan University during the Covid-19 pandemic (p -value=0,035). Data analysis reveals 79,7% of students with increased screen-time and 59% students without increased screen-time experienced change in body weight during the Covid-19 pandemic.*

Conclusion: *Based on data analysis and results found in this study, the researcher has come to a conclusion that increased screen-time among medical students of Pelita Harapan University cause a change in body weight during the Covid-19 pandemic.*

Keywords : *Increased screen-time, change in body weight, medical students of Faculty of Medicine, Pelita Harapan University*

Reference : *51 (2007-2021)*