

ABSTRAK

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HUBUNGAN ANTARA DIET VEGETARIAN DAN GEJALA DEPRESI PADA MAHASISWA UNIVERSITAS PELITA HARAPAN

Latar belakang : Pola makan vegetarian menjadi sangat populer saat ini dikarenakan memiliki banyak manfaat bagi kesehatan dan lingkungan. Namun, vegetarian juga memiliki hubungan positif dengan (gejala) depresi dikarenakan pola makan vegetarian yang memungkinkan kurangnya beberapa vitamin di dalam tubuh termasuk vitamin B12 yang berperan dalam fungsi suatu struktur otak yang disebut pallidum yang berperan dalam tingkah laku dan emosi seseorang sehingga defisiensi vitamin ini dapat meningkatkan risiko timbulnya gejala depresi. Penelitian ini dilakukan pada mahasiswa aktif di Universitas Pelita Harapan, Tangerang, Indonesia.

Tujuan penelitian : Untuk mengetahui hubungan antara diet vegetarian dan gejala depresi pada mahasiswa Universitas Pelita Harapan.

Metode Penelitian : Penelitian menggunakan desain studi potong lintang dengan jumlah sampel 283 yang memenuhi kriteria inklusi dan kriteria eksklusi. Data mengenai gejala depresi diukur menggunakan *Patient Health Questionnaire* (PHQ) 9. Data mengenai vegetarian diukur dengan menggunakan adaptasi dari *food frequency questionnaire* (FFQ) for vegans and total vegetarians yang digunakan pada penelitian oleh Dyett tahun 2009, di Universitas Loma Linda, California, Amerika Serikat. Analisa statistik menggunakan uji kai kuadrat untuk melihat apakah terdapat hubungan antara diet vegetarian dan gejala depresi.

Hasil: Dari 283 responden didapatkan bahwa mayoritas subjek mengalami gejala depresi (77 %), dan didapatkan mayoritas responden tidak menjalani pola diet vegetarian (77,7%). Terdapat hubungan tidak signifikan antara vegetarian dengan gejala depresi ($p = 0,866$, OR 0,941).

Kesimpulan: Ditemukan tidak terdapat hubungan yang signifikan antara vegetarian dengan gejala depresi pada mahasiswa Universitas Pelita Harapan.

Kata kunci : diet vegetarian, gejala depresi, PHQ-9, mahasiswa, UPH

ABSTRACT

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THE RELATIONSHIP BETWEEN VEGETARIAN DIET AND DEPRESSION SYMPTOMS AMONG STUDENTS OF UNIVERSITAS PELITA HARAPAN

Background: *The vegetarian diet has gained widespread recognition for its substantial health benefits and positive impact on the environment. However, research suggests that adherence to a vegetarian diet may be associated with an increased risk of depressive symptoms, potentially due to deficiencies in essential nutrients such as vitamin B12. Vitamin B12 plays a critical role in maintaining the function of the pallidum, a key brain structure responsible for regulating behavior and emotions. A deficiency in this nutrient may contribute to an increased susceptibility to depressive symptoms. This study was conducted among active undergraduate students at Pelita Harapan University, Tangerang, Indonesia.*

Objective: *To explore the association between a vegetarian diet and symptoms of depression, and to determine whether depressive symptoms influence dietary behaviors among students at Pelita Harapan University.*

Methodology: *This cross-sectional study involved 283 students who met the required inclusion and exclusion criteria. To assess symptoms of depression, the Patient Health Questionnaire (PHQ-9) was used, a standardized tool for measuring depression severity. Vegetarian dietary habits were evaluated using an adapted version of the Food Frequency Questionnaire (FFQ) specifically designed for vegans and total vegetarians, based on Dyett's 2009 study at the Department of Nutrition, Loma Linda University, California, Amerika Serikat. A chi-square test was conducted to determine whether there was an association between following a vegetarian diet and experiencing symptoms of depression.*

Results: *Among the 283 respondents, a substantial proportion reported experiencing symptoms of depression (77.0%), while most did not follow a vegetarian diet (77.7%). The statistical analysis revealed no significant relationship between following a vegetarian diet and symptoms of depression ($p = 0.866$, $OR = 0.941$).*

Conclusion: *This study found no significant association between the practice of a vegetarian diet and the occurrence of depressive symptoms among students at Pelita Harapan University.*

Keywords: *Vegetarian diet, depressive symptoms, PHQ-9, students, UPH*