

Analisis Perubahan Body Mass Index (BMI) Selama Masa Studi Pada Mahasiswa Poltekkes Kemenkes Aceh Tahun 2022

Analysis of Changes in Body Mass Index (BMI) During the Study Period in Aceh Ministry of Health Polytechnic Students in 2022

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Abstract

Obesity has become a truly global epidemic, affecting all age groups, all populations and countries of all income levels. To date, existing policies and interventions have not reversed this trend, suggesting that innovative approaches are needed to transform obesity prevention and control. The purpose of this study was to determine the factors associated with changes in BMI during the study period of students from Poltekkes, Ministry of Health, Aceh. The design in this study, which is cross sectional study, has been carried out on 21 study programs at the Health Polytechnic of the Ministry of Health of Aceh. The sample is final year students totaling 281 people. The sampling technique is purposive random sampling. Data collection using questionnaires, and anthropometric measurements. The data used include primary data and secondary data. Data processing includes editing, coding, tabulating. Statistical analysis of chi-square test and Wilcoxon's difference test. The results showed that there was a significant difference in BMI 3 years ago compared to the current BMI, the Asymp.sig value of 0.0001. There was a relationship between the habit of ordering food online ($p=0.001$), stress level ($p=0.045$), and place of residence ($p=0.033$) with changes in BMI. On the other hand, there was no relationship between gender ($p=$), parental income ($p=0.993$), fast food eating habits ($p=0.934$), smartphone addiction ($p=0.934$), physical activity ($p=0.977$) changes in BMI. Conclusion Factors related to changes in BMI among Poltekkes Kemenkes Aceh students are the habit of ordering food online, stress level and place of residence.

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