

Perbedaan Kualitas Diet dan Aktivitas Fisik pada Penyintas dan Non-Penyintas COVID-19 di Kota Semarang

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ABSTRAK

Latar Belakang : Pandemi COVID-19 di Indonesia muncul sejak awal tahun 2020 memicu perubahan gaya hidup, yaitu kualitas diet dan aktivitas fisik yang menunjukkan adanya perbaikan khususnya pada penyintas COVID-19.

Tujuan : Menganalisis perbedaan kualitas diet dan aktivitas fisik pada kelompok penyintas dan non-penyintas COVID-19 di Kota Semarang dan menganalisis faktor-faktor yang berhubungan dengan kualitas diet dan aktivitas fisik pada kelompok penyintas dan non-penyintas COVID-19.

Metode : Desain studi *cross sectional* dengan subjek warga Kota Semarang berusia 22-45 tahun sebanyak 100 subjek (50 penyintas dan 50 non-penyintas COVID-19) dengan teknik *purposive sampling*. Pengambilan data wawancara *Semi Quantitative-Food Frequency Questionnaire* (SQ-FFQ), dilanjutkan penilaian kualitas diet menggunakan *Diet Quality Index-International* (DQI-I). Pengambilan data aktivitas fisik menggunakan *International Physical Activity Questionnaire-Short Form* (IPAQ-SF). Analisis data menggunakan metode *Mann-Whitney* dan *Spearman's*.

Hasil : Kualitas diet kedua kelompok menunjukkan terdapat perbedaan ($p=0,012$), dimana kualitas diet kelompok penyintas secara deskriptif lebih baik. Komponen kualitas diet variasi menunjukkan perbedaan ($p<0,001$), termasuk subkomponen keseluruhan ($p=0,005$) dan protein ($p<0,001$). Aktivitas fisik kedua kelompok tidak menunjukkan perbedaan ($p=0,639$), termasuk pada ketiga komponennya. Terdapat perbedaan aktivitas sedenter pada kedua kelompok ($p=0,035$). Tingkat pendapatan berhubungan positif dengan kualitas diet penyintas COVID-19. ($p=0,043$).

Simpulan : Kualitas diet kedua kelompok menunjukkan perbedaan, mayoritas lebih baik pada kelompok penyintas COVID-19. Tingkat pendapatan berhubungan positif dengan kualitas diet penyintas COVID-19. Aktivitas fisik pada kedua kelompok menunjukkan tidak terdapat perbedaan, namun aktivitas sedenter menunjukkan adanya perbedaan pada kedua kelompok.

Kata Kunci : aktivitas fisik, COVID-19, kualitas diet, non-penyintas COVID-19, penyintas COVID-19

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The Differences in Diet Quality and Physical Activity for COVID-19 Survivors and Non-Survivors in Semarang City

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ABSTRACT

Background : The COVID-19 pandemic in Indonesia emerged in early 2020 triggering lifestyle changes, namely the quality of diet and physical activity which showed an improvement, especially in COVID-19 survivors.

Objective : The research aims to analyze the differences in the quality of diet and physical activity in groups of survivors and non-survivors of COVID-19 in Semarang City and analyze factors related to diet quality and physical activity in groups of COVID-19 survivors and non-survivors.

Methods : Study design Cross sectional with 100 subjects of Semarang City residents aged 22-45 years (50 survivors and 50 non-survivors of COVID-19) using a purposive sampling technique. Data was collected using Semi Quantitative-Food Frequency Questionnaire (SQ-FFQ), followed by an assessment of diet quality using the Diet Quality Index-International (DQI-I). Physical activity data was collected using the International Physical Activity Questionnaire-Short Form (IPAQ-SF). Data analysis used the Mann-Whitney and Spearman's methods.

Results : The diet quality of the two groups showed a difference ($p=0.012$), but the diet quality of the survivor group was descriptively better. The dietary quality components of variation showed differences ($p<0.001$), including the overall subcomponent ($p=0.005$) and protein ($p<0.001$). The physical activity of the two groups showed no difference ($p=0.639$), including heavy physical activity, moderate physical activity, and walking. There were differences in sedentary activity in the two groups ($p=0.035$). Income level was positively related to the diet quality of COVID-19 survivors ($p=0.043$).

Conclusion : The diet quality of the two groups showed differences, namely the majority were better in the COVID-19 survivor group. Income level is positively related to the quality of the COVID-19 survivor's diet. Physical activity in the two groups showed no difference, but sedentary activity showed a difference in the two groups.

Keyword : COVID-19, COVID-19 non-survivors, COVID-19 survivors, diet quality, physical activity

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