ABSTRAK

Latar Belakang: Peningkatan frekuensi makan yang berlebihan dan tidak sehat berdampak pada obesitas serta pengurangan massa otot.
Tujuan: Untuk mengetahui hubungan asupan makanan dengan massa otot pada mahasiswa/mahasiswi FK UISU tahun 2022.
Metode: Penelitian bersifat prospektif menggunakan desain analitik *Cross Sectional*. Jumlah responden penelitian adalah 77 orang yang diambil menggunakan metode teknik *Stratified random sampling,* kuisioner, aplikasi *nutrisurvey*, dan alat *Bioelectrical Impedance Analysis*. Data analisis dengan uji korelasi *Spearman*.
Hasil: Dari 77 responden 30 laki-laki dan 47 perempuan, nilai rerata asupan makanan 1824,08 Kkal ± 622,265, nilai minimal 656, dan nilai maksimal 3538. Rerata massa otot perempuan 24,94%, laki-laki 32,68%, dan sebanyak 59,7% memiliki massa otot normal. Hubungan antara asupan makanan dengan massa otot, dengan r= +0,304 dan p=0,007 (<0,05).
Kesimpulan: Terdapat hubungan dengan korelasi positif antara asupan makanan dengan massa otot pada mahasiwa/mahasiwi FK UISU. Korelasi positif menunjukkan bahwa semakin tinggi asupan makanan maka massa otot akan meningkat.
Kata Kunci: Asupan makanan, massa otot, mahasiswa.

ABSTRACT

Background: *An increase in the frequency of excessive and unhealthy eating has an impact on obesity and reduced muscle mass.*
Objective: *To know out the relationship between food intake and muscle mass in UISU FK students in 2022.*
Methods: *This prospective research uses a cross sectional analytic design. The number of research respondents was 77 people who were taken using stratified random sampling techniques, questionnaires, nutrisurvey applications, and Bioelectrical Impedance Analysis tools. Data analysis with Spearman correlation test.*
Results: *Of the 77 respondents, 30 men and 47 women, the average value of food intake was 1824.08 Kcal ± 622.265, the minimum value was 656, and the maximum value was 3538. The average muscle mass for women was 24.94%, for men 32.68%, and as much 59.7% had normal muscle mass. The relationship between food intake and muscle mass, with r = +0.304 and p = 0.007 (<0.05).*
Conclusion: *There is a relationship with a positive correlation between food intake and muscle mass in UISU FK students. The positive correlation indicates that the higher the food intake, the muscle mass will increase.*

Keywords: *Food intake, muscle mass, students.*