

ABSTRAK

Enjelina Rumbekwan: *Hubungan Asupan Energi Dengan Lingkar Pinggang Anggota Ikatan Mahasiswa Papua (IMP) di Sumatera Utara*. Skripsi. Prodi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2026

Ketidakseimbangan asupan energi memicu akumulasi lemak abdominal dan obesitas sentral yang diukur melalui lingkar pinggang. Di tengah tingginya prevalensi obesitas dewasa, Anggota Ikatan Mahasiswa Papua (IMP) di Sumatera Utara berisiko mengalami obesitas sentral akibat perubahan pola makan dan ketidaksesuaian asupan energi harian. Penelitian ini bertujuan untuk mengetahui hubungan asupan energi dengan lingkar pinggang pada anggota Ikatan Mahasiswa Papua (IMP) di Sumatera Utara.

Penelitian ini menggunakan desain *cross-sectional* yang dilakukan pada bulan April-Mei 2026 dengan jumlah sampel sebanyak 44 responden anggota IMP di Sumatera Utara. Data asupan energi diperoleh menggunakan metode *food recall* 2×24 jam yang terdiri dari satu hari kerja (*weekday*) dan satu hari libur (*weekend*), kemudian dibandingkan dengan Angka Kecukupan Energi (AKE). Pengukuran lingkar pinggang dilakukan menggunakan pita ukur dengan satuan sentimeter (cm). Analisis hubungan antara tingkat kecukupan energi dengan lingkar pinggang dilakukan menggunakan uji korelasi *Spearman Rank*.

Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki tingkat kecukupan energi kategori sangat kurang (<70% AKE) yaitu sebanyak 34 responden (77,3%). Berdasarkan pengukuran lingkar pinggang, sebanyak 30 responden (68,2%) tidak mengalami obesitas sentral dan 14 responden (31,8%) mengalami obesitas sentral. Hasil uji *Spearman Rank* menunjukkan bahwa tidak terdapat hubungan yang signifikan antara tingkat kecukupan energi dengan lingkar pinggang ($p = 0,516$; $r = 0,100$). Dapat disimpulkan bahwa tidak terdapat hubungan antara tingkat kecukupan energi dengan lingkar pinggang pada anggota Ikatan Mahasiswa Papua (IMP) di Sumatera Utara.

Kata Kunci : asupan energi, tingkat kecukupan energi, lingkar pinggang, obesitas sentral, mahasiswa

ABSTRACT

Enjelina Rumbekwan: *The Relationship Between Energy Intake and Waist Circumference Among Members of the Papua Student Association (IMP) in North Sumatra. Thesis. Nutrition Study Program. Faculty of Engineering. State University of Medan. 2026*

Imbalanced energy intake leads to abdominal fat accumulation and central obesity as measured by waist circumference. Given the high prevalence of adult obesity, members of the Papuan Student Association in North Sumatra face a risk of central obesity due to dietary changes and inadequate daily energy intake. This study aimed to determine the relationship between energy intake and waist circumference among members of the Papua Student Association (IMP) in North Sumatra.

A cross-sectional design was employed in this study, conducted between April and May 2026, involving 44 members of IMP in North Sumatra as respondents. Energy intake data were collected using a 2×24-hour food recall method consisting of one weekday and one weekend day, then compared with the Recommended Dietary Allowance (RDA). Waist circumference was measured using a measuring tape in centimeters (cm). The relationship between energy adequacy level and waist circumference was analyzed using the Spearman Rank correlation test.

The results showed that most respondents had a very low energy adequacy level (<70% RDA), consisting of 34 respondents (77.3%). Based on waist circumference measurements, 30 respondents (68.2%) did not have central obesity, while 14 respondents (31.8%) had central obesity. The Spearman Rank test showed that there was no significant relationship between energy adequacy level and waist circumference ($p = 0.516$; $r = 0.100$). It can be concluded that there was no significant relationship between energy adequacy level and waist circumference among members of the Papua Student Association (IMP) in North Sumatra.

Keywords: *energy intake, energy adequacy level, waist circumference, central obesity, university students*