

ABSTRACT

Background : *Obesity continues to rise globally, with its prevalence in Indonesia increasing from 10.5% (2007) to 23.4% (2023). This condition raises the risk of chronic diseases such as heart disease, diabetes, and cancer, and it tends to persist into adulthood. Excessive fat intake is a major contributing factor, making its management crucial for preventing obesity. To gain further insight, it is necessary to study the relationship between fat intake and body fat percentage among medical students at Jambi University.*

Methods : *This research used an analytical observational design with a cross-sectional approach. A total of 101 subjects were selected using accidental sampling. The collected data included fat intake, measured using a food recall questionnaire, and body fat percentage.*

Results : *This research involved subjects, the majority of whom were aged 19–25 years and female. A total of 8 male subjects and 42 female subjects had normal nutritional status. All male subjects had a daily fat intake within the normal category (71,379 g), while all female subjects had a lower-than-normal daily fat intake (41,496 g). The percentage of body fat in females fell within the healthy category (30,658%), whereas in males, it was classified as overfat (21,552%). The Spearman Rank Correlation statistical test for male subjects showed a P-value of 0.250, while for female subjects, the P-value was 0.047.*

Conclusion : *There was no relationship between fat intake and body fat percentage in male subjects, but there was a relationship in female subjects.*

Keyword : *Fat intake, body fat percentage, medical students*

ABSTRAK

Latar Belakang : Obesitas terus meningkat secara global, dengan prevalensi di Indonesia naik dari 10,5% (2007) menjadi 23,4% (2023). Kondisi ini meningkatkan risiko penyakit kronis seperti jantung, diabetes, dan kanker, serta cenderung berlanjut hingga dewasa. Asupan lemak berlebih menjadi faktor utama, sehingga pengelolaannya penting untuk mencegah obesitas. Untuk memahami lebih lanjut, perlu diteliti hubungan antara asupan lemak dan persentase lemak tubuh pada mahasiswa Kedokteran Universitas Jambi.

Metode : Penelitian ini menggunakan desain observasional analitik dengan pendekatan *cross-sectional*. Sebanyak 101 subjek dipilih secara *accidental sampling*. Data yang dikumpulkan meliputi asupan lemak yang diukur dengan kuesioner *food recall* dan persentase lemak tubuh.

Hasil Penelitian : Penelitian ini melibatkan subjek dengan mayoritas berusia 19–25 tahun dan berjenis kelamin perempuan. Sebanyak 8 subjek penelitian laki-laki dan sebanyak 42 subjek penelitian perempuan memiliki status gizi normal, seluruh subjek penelitian laki-laki memiliki asupan lemak harian dengan kategori normal (71,379 g) dan seluruh subjek penelitian perempuan memiliki asupan lemak harian yang kurang (41,496 g). Persentase lemak tubuh pada perempuan dalam kategori *healthy* (30,658%) dan pada laki-laki dalam kategori *overfat* (21,552%). Uji statistik *Spearman Rank Correlation* subjek penelitian laki-laki menunjukkan nilai $P = 0,250$ dan untuk subjek penelitian perempuan menunjukkan nilai $P = 0,047$.

Kesimpulan : Tidak terdapat hubungan antara asupan lemak dengan persentase lemak tubuh subjek penelitian laki-laki dan terdapat hubungan antara asupan lemak tubuh subjek penelitian perempuan.

Kata Kunci : Asupan lemak, persentase lemak tubuh, mahasiswa kedokteran.