

**POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI DIETETIKA DAN GIZI**

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**GAMBARAN ASUPAN MAKANAN DAN AKTIVITAS FISIK PADA KELOMPOK
MASYARAKAT USIA DEWASA (18-40 TAHUN) SELAMA MASA PANDEMI COVID-
19(STUDI LITERATUR)**

(x+ 37 halaman + 1 tabel)

ABSTRAK

Pandemi *Coronavirus Disease* 2019(COVID-19) yang terjadi sejak bulan Maret 2020 berdampak pada berbagai sektor. Hal tersebut mempengaruhi asupan makan serta aktivitas fisik pada masyarakat. Asupan makan serta aktivitas fisik sangat penting dan diperlukan dalam menjaga kesehatan dan kebugaran kita. Adanya pandemi membuat setiap orang harus lebih menjaga serta memperhatikan asupan makannya dan juga melakukan aktivitas fisik saat pandemi menjadi tantangan. Penelitian ini bertujuan untuk mengkaji tentang asupan makan dan aktivitas fisik pada kelompok masyarakat usia (18-40 tahun) selama masa pandemi Covid-19.

Metode yang digunakan yaitu dengan pengumpulan data dari 15 jurnal atau literatur terdahulu yang terkait dan dipublikasikan pada tahun 2019 sampai dengan tahun 2021. Literatur tersebut dirangkum dan kemudian diambil kesimpulannya sesuai dengan judul.

Hasil penelitian dari mengkaji 15 jurnal didapatkan bahwa beberapa penelitian didapatkan hasil bahwa terjadi penurunan aktivitas fisik selama masa pandemi Covid-19 terutama pada masyarakat yang dalam masa karantina (*lockdown*). Dan dari beberapa penelitian didapatkan bahwa pola makan selama pandemi Covid-19 cenderung meningkat.

Referensi : 15 (2020 – 2021)

Kata Kunci : Covid-19, Asupan Makan, Aktivitas Fisik

**HEALTH MINISTRY REPUBLIC OF INDONESIA
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**OVERVIEW OF FOOD INTAKE AND PHYSICAL ACTIVITY IN ADULT
COMMUNITY (18-40 YEARS) DURING THE COVID-19 PANDEMIC PERIOD
(LITERATURE STUDY)**

(x + 37 Pages + 1 Tables)

ABSTRACT

The Coronavirus Disease 2019 (COVID-19) pandemic since March 2020 has an impact on various sectors. The health sector struggles to understand, fight and get treatment for this disease. This affects food intake and physical activity in the community. Food intake and physical activity are very important and necessary in maintaining our health and fitness. The existence of a pandemic makes everyone have to be more aware of and pay attention to their food intake and also carry out physical activity when a pandemic becomes a challenge. This study aims to examine the food intake and physical activity of the age group (18-40 years) during the Covid-19 pandemic.

The method used is to collect data from 15 previous journals or literature that are in accordance with the title. The literature is summarized and then conclusions are drawn according to the title.

The research results from reviewing 15 journals found that from several studies, it was found that there was a decrease in physical activity during the Covid-19 pandemic, especially in people who were in quarantine (lockdown). And from several studies it was found that diet during the Covid-19 pandemic tended to increase.

Reference : 15 (2020 – 2021)

Keywords : Covid-19, Food intake, Physical Activity