

**PROGRAM STUDI S1 KEBIDANAN FAKULTAS KESEHATAN DAN
INFORMATIKA INSTITUT KESEHATAN PAYUNG NEGERI
PEKANBARU**

Penelitian, 03 Juli 2025

Asides Melta

**Efektivitas Web “*Obesicare*” Dalam Program Penurunan Berat Badan Pada
Mahasiswa Obesitas Di Ikes Payung Negeri Pekanbaru**

Xiii + 53 Halaman + 8 Tabel + 6 Lampiran

ABSTRAK

Obesitas merupakan masalah kesehatan global yang terus meningkat, termasuk di kalangan mahasiswa, dan menjadi faktor risiko berbagai penyakit kronis. Penelitian ini bertujuan untuk mengetahui efektivitas penggunaan Web ObesiCare sebagai media intervensi digital dalam program penurunan berat badan pada mahasiswa obesitas di IKes Payung Negeri Pekanbaru. Metode penelitian menggunakan pendekatan Research and Development (R&D) dengan model ADDIE (Analysis, Design, Development, Implementation, Evaluation). Sampel penelitian berjumlah 43 mahasiswa obesitas yang memenuhi kriteria inklusi, dipilih dengan teknik simple random sampling. Intervensi dilakukan selama 2 minggu melalui penggunaan Web ObesiCare yang memuat fitur kalkulator IMT, menu diet rendah kalori, edukasi gizi, dan pemantauan progres harian. Data berat badan sebelum dan sesudah intervensi dianalisis menggunakan uji Wilcoxon Signed Rank Test. Hasil penelitian menunjukkan terdapat penurunan rata-rata berat badan sebesar 1,54 kg, dengan 90,7% responden mengalami penurunan berat badan. Hasil uji Wilcoxon menghasilkan nilai $p < 0,000$, yang menunjukkan perbedaan bermakna secara statistik antara berat badan sebelum dan sesudah intervensi. Kesimpulannya, penggunaan Web ObesiCare efektif dalam membantu penurunan berat badan pada mahasiswa obesitas. Aplikasi ini berpotensi menjadi media edukasi gizi dan pendampingan yang praktis untuk mendukung gaya hidup sehat di kalangan remaja dan dewasa muda.

Kata kunci: obesitas, penurunan berat badan, intervensi digital, Web ObesiCare, mahasiswa

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**The Effectiveness of the ObesiCare Web in a Weight Loss Program for Obese
Students at IKes Payung Negeri Pekanbaru**

Xiii+53 pages + 8 Tables + 6 Appendices

ABSTRACT

Obesity is a global health problem that continues to rise, including among university students, and is a major risk factor for various chronic diseases. This study aims to determine the effectiveness of using the ObesiCare web as a digital intervention tool in a weight loss program for obese students at IKes Payung Negeri Pekanbaru. This research employed a Research and Development (R\&D) approach using the ADDIE model (Analysis, Design, Development, Implementation, Evaluation). The sample consisted of 43 obese students meeting the inclusion criteria, selected through simple random sampling. The intervention was carried out over two weeks using the ObesiCare web, which features a BMI calculator, low-calorie diet menus, nutrition education, and daily progress monitoring. Pre- and post-intervention body weight data were analyzed using the Wilcoxon Signed Rank Test. The results showed an average weight loss of 1.54 kg, with 90.7% of respondents experiencing weight reduction. The Wilcoxon test yielded a p -value < 0.000 , indicating a statistically significant difference between pre- and post-intervention body weight. In conclusion, the use of the ObesiCare web is effective in supporting weight loss among obese students. This application has the potential to serve as a practical tool for nutrition education and guidance to promote a healthy lifestyle among adolescents and young adults.

Keywords: obesity, weight loss, digital intervention, ObesiCare web, students