ABSTRAK: Aplikasi pesan antar makanan banyak digemari oleh mahasiswa karena dianggap menuruti tren dan memberikan kemudahan dalam memperoleh makanan. Hal ini dapat berdampak negatif pada perubahan variasi, frekuensi, dan jumlah makanan sehingga dapat meningkatkan prevalensi obesitas. Penelitian ini dilakukan dengan tujuan untuk menganalisis hubungan penggunaan aplikasi pesan antar makanan meliputi frekuensi penggunaannya dan jenis makanan yang dipesan terhadap risiko obesitas pada mahasiswa di daerah Jabodetabek. Penelitian ini menggunakan desain *cross sectional* dengan sampel sebanyak 73 mahasiswa di Jabodetabek. Pengambilan sampel menggunakan teknik *purposive sampling.* Data dikumpulkan menggunakan kuesioner secara *online* meliputi karakteristik responden, penggunaan aplikasi, *food frequency questonairre* (FFQ), dan risiko obesitas. GoFood menjadi aplikasi yang paling sering digunakan (42,5%). Frekuensi penggunaan aplikasi mayoritas sebanyak 1-3 kali/minggu (94,5%). Sedangkan jenis makanan/minuman yang paling sering dibeli adalah kopi (27,4%). Hasil uji hubungan menyatakan terdapat hubungan jenis makanan berupa *fried chicken* ($p=0,03$), baso aci ($p=0,036$), es krim ($p=0,018$), dan kopi ($p=0,004$) terhadap risiko obesitas. Namun hasil uji juga menyatakan tidak terdapat hubungan pada variabel domisili ($p=0,399$) dan uang saku ($p=0,163$) terhadap jenis aplikasi yang paling sering digunakan. Selain itu, tidak terdapat hubungan antara frekuensi penggunaan aplikasi terhadap risiko obesitas ($p=0,206$). Kesimpulan dari penelitian ini adalah terdapat hubungan pada beberapa jenis makanan yang dipesan dengan risiko obesitas, namun tidak terdapat hubungan domisili dan uang saku terhadap jenis aplikasi yang paling sering digunakan dan frekuensi penggunaan aplikasi terhadap risiko obesitas.
Kata kunci: Frekuensi penggunaan, Jenis makanan, Pesan antar makanan, Risiko obesitas

ABSTRACT: *Food delivery applications are popular among students because they are considered to follow trends and make it easy to get food, which can have a negative impact on the variety, frequency, and amount of food consumed, ultimately leading to an increased prevalence of obesity. The aim of this research is to analyze the relationship between the use of food delivery applications, including the frequency of use and the type of food ordered, on the risk of obesity among students in the Jabodetabek area. The research design used a cross-sectional method with a sample of 73 students. The sampling technique employed was purposive sampling. Data was collected using an online questionnaire that included respondent characteristics, application usage, a food frequency questionnaire (FFQ), and the assessment of obesity risk. Among the various food delivery applications, GoFood was found to be the most frequently used (42.5%). The majority of students reported using the application 1-3 times per week (94.5%). In terms of the type of food and drink ordered, coffee was the most frequently purchased item (27.4%). The relationship test showed that certain types of food, such as fried chicken (p=0,03), baso aci (p=0,036), ice cream (p=0,018), and coffee (p=0004), had a significant relationship with the risk of obesity. However, variables such as domicile (p=0,399) and pocket money (p=0,163) did not have a significant relationship with the type of application most frequently used. There was also no significant relationship between the frequency of application use and the risk of obesity (p=0,206). Therefore, it can be concluded that the types of food ordered have an impact on obesity risk, but other factors such as domicile and pocket money do not, and the frequency of application use.*

Keywords: *Food delivery, Frequency of use, Risk of obesity, Type of food*