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LAMPIRAN 1 (INSTRUMEN PENILAIAN KUALITAS STUDI)

JBI CRITICAL APPRAISAL CHECKLIST FOR ANALYTICAL CROSS SECTIONAL STUDIES

Reviewer _____

Date _____

Author _____ Year _____ Record Number _____

	Yes	No	Unclear	Not applicable
1. Were the criteria for inclusion in the sample clearly defined?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Were the study subjects and the setting described in detail?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Was the exposure measured in a valid and reliable way?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Were objective, standard criteria used for measurement of the condition?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Were confounding factors identified?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Were strategies to deal with confounding factors stated?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Were the outcomes measured in a valid and reliable way?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Was appropriate statistical analysis used?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Overall appraisal: Include Exclude Seek further info

Comments (Including reason for exclusion)

JBI CRITICAL APPRAISAL CHECKLIST FOR COHORT STUDIES

Reviewer _____

Date _____

Author _____ Year _____ Record Number _____

	Yes	No	Unclear	Not applicable
1. Were the two groups similar and recruited from the same population?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Were the exposures measured similarly to assign people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. to both exposed and unexposed groups?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Was the exposure measured in a valid and reliable way?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Were confounding factors identified?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Were strategies to deal with confounding factors stated?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Were the groups/participants free of the outcome at the start of the study (or at the moment of exposure)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Were the outcomes measured in a valid and reliable way?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Was the follow up time reported and sufficient to be long enough for outcomes to occur?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Was follow up complete, and if not, were the reasons to loss to follow up described and explored?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Were strategies to address incomplete follow up utilized?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Was appropriate statistical analysis used?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Overall appraisal: Include Exclude Seek further info

Comments (Including reason for exclusion)

JBI CRITICAL APPRAISAL CHECKLIST FOR CASE CONTROL STUDIES

Reviewer _____

Date _____

Author _____ Year _____ Record Number _____

	Yes	No	Unclear	Not applicable
1. Were the groups comparable other than the presence of disease in cases or the absence of disease in controls?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Were cases and controls matched appropriately?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Were the same criteria used for identification of cases and controls?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Was exposure measured in a standard, valid and reliable way?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Was exposure measured in the same way for cases and controls?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Were confounding factors identified?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Were strategies to deal with confounding factors stated?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Were outcomes assessed in a standard, valid and reliable way for cases and controls?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Was the exposure period of interest long enough to be meaningful?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Was appropriate statistical analysis used?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Overall appraisal: Include Exclude Seek further info

Comments (Including reason for exclusion)

LAMPIRAN 2**PRISMA CHECKLIST**

TITLE			Checklist
Title	1	Identify the report as a systematic review, meta-analysis, or both.	
ABSTRACT			
Structured summary	2	Provide a structured summary including, as applicable: background; objectives; data sources; study eligibility criteria, participants, and interventions; study appraisal and synthesis methods; results; limitations; conclusions and implications of key findings; systematic review registration number.	
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of what is already known.	
Objectives	4	Provide an explicit statement of questions being addressed with reference to participants, interventions, comparisons, outcomes, and study design (PICOS).	
METHODS			
Protocol and registration	5	Indicate if a review protocol exists, if and where it can be accessed (e.g., Web address), and, if available, provide registration information including registration number.	
Eligibility criteria	6	Specify study characteristics (e.g., PICOS, length of follow-up) and report characteristics (e.g., years considered, language, publication status) used as criteria for eligibility, giving rationale.	
Information sources	7	Describe all information sources (e.g., databases with dates of coverage, contact with study authors to identify additional studies) in the search and date last searched.	
Search	8	Present full electronic search strategy for at least one database, including any limits used, such that it could be repeated.	

Study selection	9	State the process for selecting studies (i.e., screening, eligibility, included in systematic review, and, if applicable, included in the meta-analysis).	
Data collection process	10	Describe method of data extraction from reports (e.g., piloted forms, independently, in duplicate) and any processes for obtaining and confirming data from investigators.	
Data items	11	List and define all variables for which data were sought (e.g., PICOS, funding sources) and any assumptions and simplifications made.	
Risk of bias in individual studies	12	Describe methods used for assessing risk of bias of individual studies (including specification of whether this was done at the study or outcome level), and how this information is to be used in any data synthesis.	
Summary measures	13	State the principal summary measures (e.g., risk ratio, difference in means).	
Synthesis of results	14	Describe the methods of handling data and combining results of studies, if done, including measures of consistency (e.g., I^2 for each meta-analysis).	

Risk of bias across studies	15	Specify any assessment of risk of bias that may affect the cumulative evidence (e.g., publication bias, selective reporting within studies).	
Additional analyses	16	Describe methods of additional analyses (e.g., sensitivity or subgroup analyses, meta-regression), if done, indicating which were pre-specified.	
RESULTS			
Study selection	17	Give numbers of studies screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally with a flow diagram.	
Study characteristics	18	For each study, present characteristics for which data were extracted (e.g., study size, PICOS, follow-up period) and provide the citations.	
Risk of bias within studies	19	Present data on risk of bias of each study and, if available, any outcome level assessment (see item 12).	
Results of individual studies	20	For all outcomes considered (benefits or harms), present, for each study: (a) simple summary data for	

		each intervention group (b) effect estimates and confidence intervals, ideally with a forest plot.	
Synthesis of results	21	Present results of each meta-analysis done, including confidence intervals and measures of consistency.	
Risk of bias across studies	22	Present results of any assessment of risk of bias across studies (see Item 15).	
Additional analysis	23	Give results of additional analyses, if done (e.g., sensitivity or subgroup analyses, meta-regression [see Item 16]).	
DISCUSSION			
Summary of evidence	24	Summarize the main findings including the strength of evidence for each main outcome; consider their relevance to key groups (e.g., healthcare providers, users, and policy makers).	
Limitations	25	Discuss limitations at study and outcome level (e.g., risk of bias), and at review-level (e.g., incomplete retrieval of identified research, reporting bias).	
Conclusions	26	Provide a general interpretation of the results in the context of other evidence, and implications for future research.	
FUNDING			
Funding	27	Describe sources of funding for the systematic review and other support (e.g., supply of data); role of funders for the systematic review.	

LAMPIRAN 3 (HASIL PENGKAJIAN PERUBAHAN POLA MAKAN)

N O	PENULIS/ TAHUN	UKURAN POLA MAKAN	PRE- LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGA N
1	Al-Domi H, et al (2021)	Peningkatan Jumlah Sarapan	NR	3044 (30.6%)	$p < 0.001$	Meningkat Signifikan pada makan siang
		Peningkatan Jumlah Makan siang		3939 (89.9%)		
		Peningkatan Jumlah makan malam		2370 (54%)		
		Peningkatan Nafsu makan		1946 (44.3%)	$p < 0.001$	Meningkat Signifikan
		Peningkatan asupan makanan atau suplemen antioksidan		2019 (46%)	$p = 0.038$	Meningkat Signifikan
		Penurunan jumlah makanan ringan (<3 kali)		2638 (60.1%)	$p = 0.080$	Menurun tidak signifikan
		Peningkatan asupan air (>8 gelas/hari)		3009 (68.8%)	$p < 0.001$	Meningkat Signifikan
2	Alhusseini & Alqahtani (2020)	1. Perubahan Kebiasaan Makan				
		a. Makan Makanan rumahan per minggu (harian)	35.6%	85.6%	$p < 0.001$	Meningkat Signifikan
		b. Memesan Makanan Luar per minggu (harian)	8.6%	3.4%	$P = 0.02$	Menurun signifikan
		2. Skor kualitas asupan makanan	(16.46 ± 2.84)	(16.39 ± 2.79)	$p = 0.002$	Menurun signifikan
		3. Skor rerata kuantitas makanan	(14.62 ± 2.71)	(15.70 ± 2.66)	$p < 0.001$	Meningkat Signifikan
3	Ammar et al (2020)	Total Diet	1.79 ± 0.02	2.05 ± 0.03	$p < 0.001$	Meningkat signifikan
		1. Pola Makan tidak sehat	2.18 ± 0.02	2.27 ± 0.03		
		2. Intensitas Makan tidak terkontrol	1.80 ± 0.02	2.04 ± 0.03		

N O	PENULIS/ TAHUN	UKURAN POLA MAKAN	PRE- LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGA N
		3. Intensitas Camilan malam/diantara waktu makan	2.08±0.02	2.40±0.03		
		4. Jumlah Makanan utama sehari	1.79±0.02	2.05±0.03		Meningkat signifikan
4	Bhutani et al (2020)	Peningkatan Konsumsi	NR	18.96% 21.25% 16.39% 31.76% 24.62% 24% 26.04% 20.29% 16.56% 36.38% 31.39% 19.08%	$p <0.05$ $p <0.01$ $p <0.001$ $p <0.01$ $p = 0.07$	Meningkat signifikan
		1. Sayuran				
		2. Buah-buahan				
		3. Minuman Non-diet (manis, bersoda, dll)				
		4. Makanan olahan				
		5. Makanan ekstra-olahan				
		6. Coklat (camilan)			$p <0.001$	Meningkat signifikan
		7. Buah-buahan (camilan)				
		8. Sayuran (camilan)				
		9. Permen karet/buah				
		10. Keripik/popcorn/kerupuk				
		11. Makanan penutup (kue/cookies/es krim)				
		12. Yogurt/Keju				
5	Błaszczyk-Bębenek et al (2020)	1. Peningkatan Frekuensi Makan (5 kali sehari / lebih)	19.9%	31.1%	$p <0.0001$	Meningkat signifikan
		2. Perubahan Frekuensi Jenis Makanan				
		a. Telur (Sekali sehari)				
		b. Daging Kaleng (sekali sehari)	5.4%	9.6%	$p = 0.0022$	Meningkat signifikan
			0.3%	0.6%	$p = 0.0004$	Meningkat

NO	PENULIS/ TAHUN	UKURAN POLA MAKAN	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGA N signifikan
		c. Kentang (sekali sehari)	4.5%	6.1%	p = 0.0004	
		d. Makanan cepat saji (tidak pernah)	25.6%	41.7%	p = 0.0001	
		e. Sup Instan (tidak pernah)	74.7%	78.2%	p = 0.0247	
		f. Minuman energi (tidak pernah)	78.5%	85.3%	p = 0.0150	
		3. Perubahan Porsi Jenis Makanan				
		a. Roti (tidak ada porsi)	7.4%	8.4%	p = 0.0400	Meningkat signifikan
		b. Daging Merah (tidak ada porsi)	13.1%	18.6%	p = 0.0199	
		c. Makanan cepat saji (tidak ada porsi)	26%	41.7%	p <0.0001	
		d. Sup Instan (tidak ada porsi)	74.7%	78.2%	p = 0.0283	
		e. Manisan (5 porsi)	1.9%	3.5%	p = 0.0029	
		f. Daging Kaleng (3 porsi)	0%	0.3%	p = 0.0390	
		g. Minuman manis (tidak ada porsi)	44.6%	49.4%	p = 0.00254	
		h. Minuman energi (tidak ada porsi)	78.5%	85.3%	p = 0.0008	
		4. Perubahan Konsumsi Supplement	36.5%	33.7%	p = 0.3057	Tidak berubah
6	Cicero AFG, et al (2021)	1. Komponen Diet				
		a. Total KH	49.3 (4.6)	52.6 (6.5)	p = 0.048	Meningkat signifikan
		b. Gula Sederhana	3.1 (0.9)	4.6 (1.1)	p = 0.002	
		c. Total Lemak	28.1 (3.2)	31.4 (2.9)	p = 0.047	
		d. Menambahkan Lemak	3.9 (1.1)	4.3 (1.2)	p = 0.021	
		e. Protein	16.2 (2.6)	10.1 (2.7)	p = 0.003	Menurun signifikan
		2. Kualitas Makanan	42.4 (4.1)	37.8 (4.7)	p <0.03	Menurun signifikan

N O	PENULIS/ TAHUN	UKURAN POLA MAKAN	PRE- LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGA N	
7	Curtis et al (2021)	Asupan Makanan					
		1. Total Energi (kj)	7048	7091	p = 0.807	Meningkat	
		2. Energi dari protein (%)	19.5	18.8	p = 0.036	Menurun signifikan	
		3. Energi dari total lemak (%)	36.7	35.7	p = 0.085	Menurun	
		4. Energi dari karbohidrat (%)	41	42	p = 0.217	Meningkat	
		5. Energi dari alkohol (%)	2.8	3.7	p = 0.018	Meningkat signifikan	
		6. Energi dari serat (%)	80.8	80.7	p = 0.248	Menurun	
8	Coulthard et al (2020)	Perubahan pola makan (Mean)					
		a. Asupan HED	7.49	6.96	p <0.01	Menurun signifikan	
		b. Asupan makanan ringan	NR			Meningkat signifikan	
		c. Asupan makanan siap saji					
9	Deschasaux- Tanguy (2020)	1. Asupan Energi (kkal/hr) (%)					
		1. Meningkat	NR	2399 (+443) (23%)	p <0.001	Menurun signifikan	
		2. Menurun		1644 (-490) (33%)			
		2. Perubahan Konsumsi Jenis makanan					
		a. Buah segar	NR	17.2%	NR	Menurun	
		b. Sayuran segar		17.7%			
		c. Daging segar		22.4%			
		d. Ikan segar		31.3%			

NO	PENULIS/TAHUN	UKURAN POLA MAKAN	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGA N
		e. Sayuran beku f. Permen & coklat g. Biskut & kue h. Keju 3. Skor kualitas diet				Menurun signifikan
10	Di Renzo et al (2020)	1. Perubahan variasi makanan	NR	44%	NR	Meningkat
		a. Permen homade		34%		
		b. Pizza homade		18%		
		c. Roti homade		24%		
		d. Sereal		9%		
		e. Kacang-kacangan		12%		Menurun
		f. Daging putih		22%		
		g. Minuman panas		24%		
		h. Ikan segar		17%		
		i. Permen kemasan		15%		
		2. Peningkatan makanan sehat (buah, sayuran, kacang-kacangan dan kacang-kacangan)		37.4%		Meningkat
		3. Penurunan Junk food	NR	29.8%	p = 0.002	Menurun signifikan

N O	PENULIS/ TAHUN	UKURAN POLA MAKAN	PRE- LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGA N
11	Galali (2021)	1. Perubahan nafsu makan				
		a. Meningkat	NR	29.3% (624)	NR	Meningkat
		b. Menurun		14.3% (305)		
		2. Perubahan Jumlah makanan				
		a. Meningkat	NR	29.2% (624)	NR	Tidak berubah
		b. Sama		56.3% (1.204)		
		Diet				
12	Galle_1 et al (2020)	a. Sama	NR	890 (41.9%)	p =0.00	Tidak berubah
		b. Kurang / Lebih baik		871 (41.0%)		
		c. Lebih / Lebih buruk		364 (17.1%)		
		1. Peningkatan Makan Umum	NR	42.8%	NR	Meningkat
13	Giacalone et al (2020)	2. Frekuensi memasak		29.9%		
		3. Frekuensi Cemilan		41.7%		
		4. Peningkatan Jenis makanan	NR	38.1%	NR	Meningkat
		a. Kue homemade		21.4%		
		5. Penurunan Jenis Makanan				
		a. Kue komersil	NR	18.4%	NR	Menurun
		b. Gorengan		17.7%		
		c. Makanan cepat saji		25.4%		
		d. Buah-Buahan		24.9%		
		e. Sayur-sayuran		19.5%		

N O	PENULIS/ TAHUN	UKURAN POLA MAKAN	PRE- LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGA N
14	Gornicka et al (2020)	1. Peningkatan Pola makan sehat	NR	27.6%	NR	Meningkat
		2. Perubahan Total Asupan Makanan		34.3% (816)		
		3. Peningkatan Jenis Asupan	NR	16.3% (389) 15.7% (373) 13.9% (330) 20.8% (495) 39.9 % (949) 24.1% (573)	NR	Meningkat pada jenis Kue buatan rumah
		a. Produk Gandum				
		b. Daging/Telur rendah lemak				
		c. Kacang-kacangan				
		d. Susu dan olahan susu				
		e. Kue homemade				
		f. Air				
		4. Penurunan Jenis Asupan	NR	19.4% (463) 20.1% (479) 17.0% (404) 17.7% (422) 36.6% (872) 19.7% (469) 29.4% (701) 15.0% (358) 6.3% (150) 8.4% (199) 5.0% (120)	NR	Menurun pada makanan cepat saji
		a. Sayuran				
		b. Buah-buahan				
		c. Ikan dan makanan laut				
		d. Daging olahan				
		e. Makanan cepat saji				
		f. Camilan asin				
		g. Kue komersil				
		h. Es krim/puding				
		i. Sereal				
		j. Minuman manis				
		k. Minuman energi				

N O	PENULIS/ TAHUN	UKURAN POLA MAKAN	PRE- LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGA N
15	Husein & Ashkanani (2020)	1. Frekuensi Makan [n(%)]				
		a. 1 kali	5 (1.2)	4 (1.0)	NR	Meningkat
		b. 2 kali	56 (13,5)	43 (10.4)		
		c. 3 kali	124 (29,9)	112 (27.0)		
		d. 4 kali	131 (31.6)	104 (25.1)		
		e. 5 kali	80 (19.3)	89 (21,4)		
		f. 6 kali atau lebih	19 (4.6)	63 (15.2)		
		2. Jadwal makanan utama [n(%)]				
		a. Makan malam	49 (11.8)	102 (24,6)	NR	Meningkat
		b. Sarapan	78 (18.8)	58 (14.0)		Menurun
		c. Makan siang	279 (67.2)	238 (57,3)		Meningkat
		d. Lainnya	9 (2.2)	17 (4.1)		
16	Janssen et al (2021)	3. Frekuensi makanan cepat saji [n(%)]				
		a. 1-2 kali/mgg	205 (49,4)	57 (13.7)	NR	Menurun
		b. 3-4 kali/mgg	72 (17.3)	9 (2.2)		
		c. 5 kali atau lebih/mgg	22 (5.3)	8 (1.9)		
		DENMARK				
		1. Peningkatan Frekuensi Makanan non-segar (%)				
		a. Makanan cepat saji	NR	17.5	NR	Meningkat
		c. Kue dan bisikuit		22.2		
		d. Permen dan coklat		16.7		
		2. Penurun Frekuensi Makanan segar (%)				

N O	PENULIS/ TAHUN	UKURAN POLA MAKAN	PRE- LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGA N			
		a. Buah & sayuran segar	NR	15.2	NR	Menurun			
		b. Daging		15.3					
		c. Susu		8.7%					
		e. Ikan		11.6					
		JERMAN							
		1. Peningkatan Frekuensi Makanan non-segar (%)							
		a. Makanan cepat saji	NR	19.2	NR	Meningkat			
		c. Kue dan biskuit		20					
		d. Permen dan coklat		16.4					
		e. Makanan Kaleng		20.5					
		2. Penurun Frekuensi Makanan segar (%)							
		a. Daging	NR	18.4	NR	Menurun			
		b. Susu		13.9					
		c. Ikan		12.5					
		d. Buah & sayuran segar		15.5					
		SLOVENIA							
		Penurun Frekuensi Makanan segar (%)							
		a. Daging	NR	20.1	NR	Menurun			
		b. Ikan		20.9					
		c. Buah & sayuran segar		22.6					
		Perubahan jumlah makanan [n(%)]							
		a. Menurun	NR	20 (22.7)	NR	Meningkat			

N O	PENULIS/ TAHUN	UKURAN POLA MAKAN	PRE- LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGA N
		b. Sama		19 (21.6)		
		c. Meningkat		49 (55.7)		
		1. Kebiasaan Makan (%)				
18	Kriaucionien e et al (2020)	a. Ngemil lebih banyak	NR	45.1	NR	Meningkat
		b. Memasak lebih sering		62.1		
		c. Makan lebih banyak		49.4		
		2. Peningkatan jenis makanan (%)				
		a. Sayuran	NR	18.8	NR	Meningkat
		b. Buah-Buahan		22.1		
		c. Kue buatan rumah		37.7		
		d. Gorengan		20.6		
		3. Penurunan jenis makanan (%)				
		a. Ikan dan makanan laut	NR	14.3	NR	Menurun
		b. Daging merah, sosis, hamburger		17.9		
		c. Minuman soda/manis		19.4		
		d. Kue komersil		26.0		
		e. Makanan cepat saji		41.3		
19	Lamarche et al (2021)	1. Perubahan Skor HEI-2015 (Mean)	68.9	70	NR	Meningkat
		2. Perubahan asupan energi (kkal)	2356	2288	NR	Menurun
		3. Perubahan Konsumsi makanan di luar rumah (%)				
		a. Total makanan	21.2	3.6	NR	Menurun
		b. Sarapan	11.4	0.6		

N O	PENULIS/ TAHUN	UKURAN POLA MAKAN	PRE- LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGA N
		c. Makan siang	33.3	6.7		
		d. Makan malam	14.7	1.2		
		e. Camilan	24.9	5.4		
20	Martínez-de- Quel et al (2021)	1. Perubahan Skor total gangguan makan (Rata-rata)	7.5	7.2	p = 0.109	Tidak berubah
		2. Peningkatan gangguan makan (%)	5.0	5.6%	p >0.05	
21	Marty et al (2020)	1. Peningkatan memasak	NR	780 (83.2%)	NR	Meningkat
		2. Perubahan Kebiasaan makan		747 (79.6%)		
		3. Perubahan Jenis Makanan (Rata-rata)				
		a. Buah & Sayur	2.6 (1.6)	3.2 (1.8)	p <0.001	Meningkat signifikan
		b. Susu & olahan	2.3 (1.4)	2.5 (1.4)		
		c. Kacang-kacangan	0.7 (1.1)	0.9 (1.3)		
		de. Makanan manis	11.6 (7.1)	12.5 (7.9)		
		e. Garam	2.9 (1.1)	3.2 (1.2)		
		f. Daging olahan	113 (133)	145 (172)		Menurun signifikan
		g. Minuman manis	177 (376)	213 (413)		
		4. Skor sPNNS-GS2	1.2 (2.5)	0.8 (2.8)		
		5. Perubahan Jumlah asupan (kkal/hr)	1700	1935		
22	Murphy et al (2020)	IRLANDIA				
		1. Perubahan Pola makan (SD)				
		a. Makan malam - Bahan segar	4.42 (1.17)	4.77 (1.11)	<0,0001	Meningkat

NO	PENULIS/ TAHUN	UKURAN POLA MAKAN	PRE-	DURING	P-VALUE	KETERANGA N signifikan		
			LOCKDOWN	LOCKDOWN				
		b. Makanan panggang	1,92 (0,90)	2.82 (1.17)				
2. Kualitas diet (SD)								
		a. Porsi buah/hr	2.56 (1.37)	2,81 (1,47)	<0,0001	Meningkat signifikan		
		b. Porsi Sayur/hr	2.21 (1.32)	2.29 (1.46)	0,0343	Meningkat		
		c. Porsi lemak jenuh/hr	11,96 (4,57)	13,34 (4,86)	<0,0001	Meningkat signifikan		
INGGRIS								
1. Perubahan Pola makan (SD)								
		a. Makan malam - Bahan segar	4.12 (1.26)	4.25 (1.37)	<0,0001	Meningkat signifikan		
		b. Makanan panggang	2.15 (1.09)	2.45 (1.23)				
2. Kualitas diet (SD)								
		a. Porsi buah/hr	2.29 (1.52)	2.39 (1.53)	<0,0001	Meningkat signifikan		
		b. Porsi Sayur/hr	2.66 (1.47)	2.89 (1.63)				
		c. Porsi lemak jenuh/hr	9,82 (4,28)	10,46 (4,58)				
AMERIKA SERIKAT								
1. Perubahan Pola makan (SD)								
		a. Makan malam - Bahan segar	3,53 (1,45)	3.55 (1.49)	0,6751	Meningkat		
		b. Makanan panggang	2,45 (1,34)	2.53 (1.34)	0,0929			
2. Kualitas diet (SD)								
		a. Porsi buah/hr	1,93 (1,60)	2.06 (1.80)	0,0163	Meningkat		
		b. Porsi Sayur/hr	2.08 (1.55)	2.29 (1.76)	0,0106			
		c. Porsi lemak jenuh/hr	10,57 (5,26)	10,89 (5,33)	0,0222			

NO	PENULIS/TAHUN	UKURAN POLA MAKAN	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN	
		SELANDIA BARU					
1. Perubahan Pola makan (SD)							
		a. Makan malam - Bahan segar	4.29 (1.25)	4.32 (1.35)	0.2351	Meningkat	
		b. Makanan panggang	2.35 (1.06)	2.74 (1.23)	<0,000	Meningkat signifikan	
2. Kualitas diet (SD)							
		a. Porsi buah/hr	2.17 (1.59)	2.30 (1.62)	0,0029	Meningkat signifikan	
		b. Porsi Sayur/hr	2.62 (1.56)	2.82 (1.71)	<0,0001		
		c. Porsi lemak jenuh/hr	9,98 (4,30)	10,79 (4,82)			
23	Park et al (2021)	Asupan Makan (Median)					
		a. Karbohidrat	2.93	2.99	p = 0.038	Meningkat signifikan	
		b. Protein	2.49	2.48	p = 0.830	Tidak berubah	
		c. Lemak	1.98	1.99	p = 0.765		
		d. Vitamin	2.66	2.73	p = 0.113		
		e. Mineral	2.07	2.15	p = 0.014	Meningkat signifikan	
		f. Air (8 gelas)	3.01	3.14	p = 0.129	Tidak berubah	
24	Perez-Rodrigo et al (2021)	1. Perubahan Konsumsi suplemen (%)					
		a. Menurun	NR	33.3	NR	Menurun	
		b. Meningkat		25.2%			
		c. Sama		41.4%			
		2. Perubahan Kualitas diet (%)					

N O	PENULIS/ TAHUN	UKURAN POLA MAKAN	PRE- LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGA N
25	RNair et al (2020)	a. Menurun	NR	23.1	p = 0.021	Tidak berubah
		b. Meningkat		36.7		
		c. Sama		40.3		
26	Reyes- Olavarria et al (2020)	Perubahan jumlah makan				
		a. Menurun	NR	8.3%	NR	Tidak berubah
		b. Meningkat		17.9%		
		c. Sama		73.8%		
26	Reyes- Olavarria et al (2020)	1. Perubahan Konsumsi Sayur & Buah [n(%)]				
		a. Berkurang	NR	145 (20.7)	p = 0.301	Tidak berubah
		b. Sama		339 (48.4)		
		c. Bertambah		216 (30.9)		
		2. Memasak di rumah [n(%)]				
		a. Berkurang	NR	40 (5.7)	p = 0.004	Meningkat signifikan
		b. Sama		243 (34.7)		
		c. Bertambah		417 (59.6)		
		3. Gaya makan [n(%)]				
		a. Kurang sehat	NR	187 (26.7)	p = 0.161	Tidak berubah
		b. Sama		277 (39.6)		
		c. Lebih sehat		236 (33.7)		
		4. Jumlah makanan [n(%)]				
		a. Berkurang	NR	104 (14.9)	p = 0.189	Meningkat tidak signifikan
		b. Sama		237 (33.8)		

N O	PENULIS/ TAHUN	UKURAN POLA MAKAN	PRE- LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGA N
		c. Bertambah		359 (51.3)		
27	Robinson_1 et al (2020)	Makan sehat & seimbang	NR	688 (35%)	NR	Menurun
		Makan dalam porsi besar		877 (44%)		Meningkat
		Kudapan		1116 (56%)		Tidak berubah
		Diet / Puasa		964 (48%)		Tidak berubah
		Melewatkana jam makan		897 (45%)		
28	Rodríguez- Pérez et al (2020)	1. Frekuensi memasak [n(%)]				
		a. Sama	NR	3809 (50.7)	NR	
		b. Menurun		273 (3.6)		Tidak berubah
		c. Meningkat		3432 (45.7)		
		2. Asupan Makanan Gorengan [n(%)]				
		a. Sama	NR	5517 (73.4)	NR	
		b. Menurun		1525 (20.3)		Tidak berubah
		c. Meningkat		472 (6.3)		
		3. Frekuensi Ngemil [n(%)]				
		a. Sama	NR	3511 (46.7)	NR	
		b. Menurun		1176 (15.7)		Tidak berubah
		c. Meningkat		2827 (37.6)		
		4. Frekuensi Makanan cepat saji [n(%)]				
		a. Sama	NR	4507 (60.0)	NR	
		b. Menurun		2623 (34.9)		Tidak berubah
		c. Meningkat		384 (5.1)		

N O	PENULIS/ TAHUN	UKURAN POLA MAKAN	PRE- LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGA N
5. Makan lebih banyak [n(%)]						
		a. Tidak	NR	4783 (63.7)		
		b. Sama		2731 (36.3)	NR	Tidak berubah
		6. Skor MEDAS (rata-rata)	$6,53 \pm 2$	$7,34 \pm 1,93$		Meningkat
29	Rolland et al (2020)	Perubahan Rerata asupan harian kalori/makanan asin				
		a. Tidak berubah	NR	6510 (57.14%)	NR	Tidak berubah
		b. Meningkat moderat		2836 (24.89%)		
		c. Meningkat tidak terkendali		397 (3.49%)		
		d. Menurun tanpa keinginan		874 (7.67%)		
		e. Menurun dengan keinginan		154 (1.35%)		
30	Scacchi et al (2021)	1. Perubahan Konsumsi Makanan [n(%)]	NR	810 (43.4)	p = 0,130	Meningkat tidak signifikan
		2. Kualitas Gizi [n(%)]				
		a. Kurang sehat	NR	502 (26.9)	p = 0,079	Meningkat tidak signifikan
		b. Tidak bervariasi		495 (26,6)		
		c. Lebih sehat		868 (46,5)		
31	Sinha et al (2020)	Perubahan Jadwal makan (rata-rata)				
		a. Sarapan	09: 03 ± 0:02	10:01 ± 0:02	p <0,001	Tertunda signifikan
		b. Makan Siang	13:13 ± 0:02	13:45 ± 0:02		Tertunda signifikan
		c. Makan Malam	20:47 ± 0:02	21:02 ± 0:02		Tertunda signifikan

LAMPIRAN 4 (HASIL PENGKAJIAN PERUBAHAN GAYA HIDUP)

N O	PENULIS /TAHUN	DOMAIN GAYA HIDUP	PRE- LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN	
1	Al-Domi H, et al (2021)	1. Peningkatan Merokok	NR	582 (13.3%)	p <0.001	Meningkat signifikan	
		2. Peningkatan Aktivitas Fisik	NR	2984 (68%)	p = 0.183	Meningkat tidak signifikan	
		3. Perubahan Tingkat aktivitas fisik (Moderat)	NR	1743 (39.7%)	p <0.000	Berubah signifikan	
2	Amini et al (2020)	1. Perubahan Tingkat Aktivitas Fisik	1260.16 ± 1728.1		NR	Menurun	
		2. Klasifikasi Tingkat aktivitas fisik					
		a. Rendah	341 (50.9%)	523 (78%)		Meningkat	
		b. Moderat	141 (21.1%)	90 (13.4%)		Menurun	
		c. Tinggi	188 (28%)	57 (8.6%)		Menurun	
3	Ammar et al (2020)	1. Intensitas Kuat (Rata-rata)					
		a. Hari/mgg	1.97 ± 2.11	1.52 ± 2.03	p <0.001	Menurun Signifikan	
		b. Menit/mgg	38.7 ± 58.1	26.0 ± 47.8			
		c. Nilai MET	1168 ± 2468.7	737.2 ± 1844.5			
		2. Intensitas Sedang (Rata-rata)					
		a. Hari/mgg	1.79 ± 2.08	1.36 ± 1.95	p <0.001	Menurun Signifikan	
		b. Menit/mgg	32.1 ± 49	21.4 ± 37.3			

NO	PENULIS /TAHUN	DOMAIN GAYA HIDUP	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN
		c. Nilai MET	446.4 ± 920.2	291.5 ± 772.7		
		3. Berjalan (Rata-rata)				
		a. Hari/mgg	3.59 ± 2.58	2.33 ± 2.48	p <0.001	Menurun Signifikan
		b. Menit/mgg	37.2 ± 46.8	24.6 ± 34.1		
		c. Nilai MET	578.3 ± 917.1	331.4 ± 640.2		
		4. Semua Aktivitas Fisik (Rata-rata)				
		a. Hari/mgg	5.04 ± 2.51	3.83 ± 2.82	p <0.001	Menurun Signifikan
		b. Menit/mgg	108 ± 114.2	71.8 ± 88.2		
		c. Nilai MET	2192.6 ± 3300.7	1360.2 ± 2545.2		
		5. Perilaku Menetap/ Duduk (Jam/hr) (Rata-rata)	5.31 ± 3.65	8.41 ± 5.11		Meningkat signifikan
		6. Intensitas pesta minum alcohol (Rata-rata)	1.15 ± 0.01	1.08 ± 0.01		Menurun signifikan
4	Bhutani et al (2020)	1. Peningkatan Gaya Hidup				
		a. Tidur	NR	27.47%	p <0.001	Meningkat Signifikan
		b. Merokok		31.95%		
		c. Waktu luang layar		53.92%		
		d. Menonton TV		50.55%		
		e. Perilakuk menetap (duduk)		58.45%		
		2. Penurunan Gaya Hidup				

NO	PENULIS /TAHUN	DOMAIN GAYA HIDUP	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN
5	Błaszczyk-Bębenek et al (2020)	a. Konsumsi Alkohol	NR	24.7%	$p <0.001$	Menurun signifikan
		b. Aktivitas Fisik Kuat		35.20%		
		c. Aktivitas Fisik moderate		32.27%		
		d. Berjalan		35.17%	$p <0.01$	
5	Błaszczyk-Bębenek et al (2020)	Konsumsi Alkoho (Sekali sehari)	3.8%	5.4%	$P = 0.031$	Meningkat signifikan
6	Bourdas & Zacharakis (2020)	1.Tingkat Aktivitas Fisik				
		a. Tidak aktif (0 MET-menit/minggu)	1689 (19.9%)	2374 (28.0)	$p <0.05$	Meningkat signifikan
		b. PA Rendah (0–499 MET-menit/minggu)	1190 (14.0%)	1232 (14.5%)	$p >0.05$	Meningkat
		c. PA sedang (500–1000 MET-menit/minggu)	963 (11.3%)	842 (9.9)	$p <0.05$	Menurun signifikan
		d. PA Tinggi (>1000 MET-menit/minggu)	4653 (54.8)	4047 (47.6%)		Menurun signifikan
		2. Aktivitas Fisik Total (MET-menit/minggu)	$15.160.6 \pm 128.6$	$12.685.7 \pm 120.0$		Menurun signifikan
7	Busse et al (2021)	1. Perubahan Jumlah Merokok				
		a. Meningkat	NR	4.4%	NR	Tidak berubah
		b.Sama		92.3%		

NO	PENULIS /TAHUN	DOMAIN GAYA HIDUP	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN
		c. Menurun		3.3%		
		2. Jumlah Minuman Alkohol				
		a. Meningkat		18.4%		
		b.Sama		62.2%		
		c. Menurun		19.4%		
		3. Penggunaan Ganja				
		a. Meningkat		2.8%		
		b.Sama		93.3%		
		c. Menurun		3.9%		
		4. Aktivitas Fisik Kuat				
		a. Meningkat		19.3%		
		b.Sama		50.1%		
		c. Menurun		30.6%		
		5. Aktivitas Fisik Sedang				
		a. Meningkat		23.3%		
		b.Sama		54.9%		
		c. Menurun		21.8%		
8	Castaneda-Babarro et al (2020)	1. Waktu Aktivitas Fisik Kuat	219 ± 196	182 ± 184	p <0.001	Menurun signifikan
		2. Waktu Aktivitas Fisik Sedang	149 ± 174	145 ± 170	p = 0.102	Menurun
		3. Waktu Berjalan	282 ± 253	116 ± 189.3	p <0.001	Menurun signifikan

NO	PENULIS /TAHUN	DOMAIN GAYA HIDUP	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN
		4. Waktu Duduk (Perilaku menetap)	6.1 ± 3.6	8 ± 5.1	p <0.001	Meningkat signifikan
9	Cicero AFG, et al (2021)	1. Kebiasaan merokok	NR	2.2%	NR	Tidak berubah
		2. Konsumsi Alkohol	2.9 (0.6)	4.9 (1.0)	p = 0.002	Meningkat signifikan
10	Coulthard et al (2020)	Penurunan konsumsi alkohol	NR		p <0.001	Menurun signifikan
11	Curtis et al (2021)	Komposisi Aktivitas Harian			p = 0.03	Berubah signifikan
		1. Tidur	497 (35%)	523 (36%)	NR	Menurun
		a. Jam Tidur	22:52	22:48	p = 0.835	
		b. Jam Bangun	07:04	07:40	p <0.001	Meningkat signifikan
		2. Perilaku menetap	601 (43%)	623 (43%)	NR	Menurun
		3. Aktivitas Fisik Ringan	318 (22%)	269 (19%)	NR	
		4. Aktivitas Fisik Sedang	25 (2%)	25 (2%)	NR	Tidak berubah
12	Daly & Robinson (2020)	1. Perubahan Konsumsi alkohol	19.3%	24.6%	p <0.0001	Meningkat signifikan
		2. Peningkatan Pola Konsumsi Alkohol				
		a. Frekuensi (>4 kali /mgg)	NR	13.5 (1.3)	p <0.001	Meningkat signifikan
		b. Jumlah (1-2 minuman)		9.1 (1.8)		
13	Deschasaux-Tanguy	1. Penurunan Aktivitas fisik (MET-min/mgg)	NR	1752 (-38%)	p <0.001	Menurun signifikan

NO	PENULIS /TAHUN (2020)	DOMAIN GAYA HIDUP	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN
						Meningkat signifikan
14	Di Renzo et al (2020)	2. Peningkatan Konsumsi Alkohol		15.4%	NR	Meningkat
		1. Kebiasaan merokok (>10 rokok/hr)	279 (7.9%)	259 (7.3%)	p <0.001	Menurun signifikan
		2. Jam tidur (>9 jam/hr)	48 (1.4%)	323 (9.1%)		Meningkat signifikan
		3. Aktivitas fisik (>=5 kali/mgg)	6.1%	16.4%		Meningkat signifikan
15	Eek et al (2021)	4. Konsumsi alkohol	NR	12.5%	NR	Menurun
		1. Tingkat Aktivitas Kuat				
		a. Meningkat	28.2% (288)	69.4% (200)	p <0.001	Menurun Signifikan
		c. Menurun	26.9% (275)	88.0% (241)		
		2. Tingkat Aktivitas Sedang				
		a. Meningkat	29.1% (202)	75.4% (224)	p <0.001	Menurun Signifikan
		c. Menurun	18.4% (131)	88.8% (167)		
		3. Tingkat Berjalan				
		a. Meningkat	39.2% (401)	79.3% (318)	p = 0.001	Menurun signifikan
		c. Menurun	14.1% (144)	65.3% (94)		
		4. Tingkat duduk				
		a. Meningkat	29.6% (23.0)	89.4% (269)	p <0.001	Meningkat signifikan
		c. Menurun	12.6% (9,8)	59.4% (76)		

NO	PENULIS /TAHUN	DOMAIN GAYA HIDUP	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN
16	Dunton et al (2020)	1. Aktivitas Fisik Kuat (min/mgg)	190.7 (211.2)	123.9 (171.4)	p <0.001	Menurun signifikan
		2. Aktivitas Fisik Sedang (min/mgg)	202.4 (271.9)	111.0 (172.5)		
		3. Berjalan (min/mgg)	341.9 (339.8)	244.1 (280.8)		
		4. Langkah (jumlah/hr)	6153.2 (2805.9)	3920.8 (3344.5)		
		5. Jumlah Langkah (Ponsel cerdas)	4000	2000		
17	Faulkner et al (2020)	1. Perubahan Latihan				
		a. Positif	NR	1.280 (15.2%)	NR	Tidak berubah
		b. Negatif		1.420 (16.8%)		
		c. Tidak berubah		5.725 (67.9%)		
18	Fuzeki et al (2021)	1. Berjalan (min/mgg)	216.2	111.8	p <0.001	Menurun signifikan
		2. Berjalan (MET.min/mgg)	713.4	369.0		
19	Galali (2021)	1. Perubahan Aktivitas Fisik				
		a. Membaik	NR	12.0% (256)	NR	Memburuk
		b. Memburuk		50.9% (1.087)		
		2. Frekuensi Latihan				
		a. Tidak latihan	62.9%	60%	p <0.001	Menurun signifikan
		b. 1-2 kali	22%	25.8%		
		c. 3-5 kali	9.1%	8.7%		
		d. >5 kali	6%	5.5%		
		3. Jumlah Merokok (>10 rokok)	7.4%	7%	p >0.05	Tidak berubah

NO	PENULIS /TAHUN	DOMAIN GAYA HIDUP	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN	
						Meningkat signifikan	
20	Galle_1 et al (2020)	4. Jumlah waktu tidur (>9 jam)	8.1%	22.4%	p <0.001	Meningkat signifikan	
1. Perubahan Merokok							
a. Tidak sebelum atau saat ini		NR	1239 (58.3%)	p = 0.04	Tidak berubah		
b. Tidak dulu tapi sekarang ya			42 (2.0%)				
c. Ya dulu dan sekarang			723 (34.0%)				
d. Ya dulu dan tidak sekarang			121 (5.7%)				
2. Perubahan Aktivitas Fisik							
a. Berkurang		NR	1032 (48.6%)	p = 0.00	Menurun signifikan		
b. Meningkat			453 (21.3%)				
c. Aktif seperti sebelumnya			341 (16.0%)				
d. Tidak aktif seperti sebelumnya			299 (14.1%)				
21	Galle_2 et al (2020)	1. Total waktu menetap (min/hr)	240 ± 240	480 ± 300	p = 0.00	Meningkat signifikan	
2. Waktu tidur (min/hr)		420 ± 120	480 ± 120				
3. Total Aktivitas Fisik (min/mgg)		520 ± 820	270 ± 340	Menurun Signifikan			
4. Tingkat aktivitas fisik (min/mgg)							
a. Berjalan		480	114.5	p <0.05	Menurun Signifikan		
b. Aktivitas Fisik Sedang		199.3	148.1				
c. Aktivitas Fisik Kuat		138.6	108.3				
5. Komponen Perilaku menetap (min/hr)							
a. Menonto TV		71.7	119.3	p <0.05	Meningkat		

NO	PENULIS /TAHUN	DOMAIN GAYA HIDUP	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN
		b. Menggunakan Perangkat Elektronik	65.3	117.7		signifikan
		c. Melakukan aktivitas luang	38.7	66.6		
		d. Belajar/Bekerja	173.9	210.7		
		e. Makan	82.3	106.5		
22	Giacalone et al (2020)	1. Aktivitas Fisik				
		a. Tidak Aktif	NR	2.3%	NR	Menurun
		b. Menurun		47.7%		
		c. Sama		21%		
		d. Meningkat		29%		
		2. Peningkatan Konsumsi Alkohol		30.3%		Meningkat
23	Gornicka et al (2020)	1. Perubahan Aktivitas Fisik				
		a. Menurun	NR	43.3% (1032)	p <0.001	Menurun signifikan
		b. Konstanta		37.6% (895)		
		c. Meningkat		19.1% (454)		
		2. Perubahan Waktu Layar				
		a. Menurun	NR	5.1% (122)	p <0.001	Meningkat signifikan
		b. Konstanta		45.8% (1090)		
		c. Meningkat		49.1% (1169)		
		3. Perubahan Tidur				

NO	PENULIS /TAHUN	DOMAIN GAYA HIDUP	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN
24	Grossman et al (2020)	a. Menurun	NR	9.3% (221)	$p <0.001$	Meningkat signifikan
		b. Konstanta		60.7% (1445)		
		c. Meningkat		30.0% (715)		
		4. Peningkatan konsumsi alkohol		18.1% (430)	$p <0.001$	Meningkat signifikan
25	Husein & Ashkanani (2020)	Perubahan Konsumsi alkohol				
		a. Meningkat	NR	60.1% (347)	NR	Meningkat
		b. Menurun		12.8% (74)		
		c. Tidak berubah		27.0% (156)		
25	Husein & Ashkanani (2020)	1. Praktik Aktivitas Fisik [n(%)]				
		a. Tidak pernah	84 (20.2)	164 (39,5)	NR	Menurun
		b. Jarang	78 (18.8)	43 (10.4)		
		c. Terkadang	167 (40.2)	147 (35.4)		
		d. Selalu	86 (20.7)	61 (14.7)		
		2. Jam Aktivitas Fisik perminggu [n(%)]				
		a. <1 jam / tidak sama sekali	203 (48.9)	257 (61.9)	NR	Menurun
		b. 1-2 jam	84 (20.2)	75 (18.1)		
		c. 3-4 jam	61 (14.7)	49 (11.8)		
		d. >4 jam	67 (16.1)	34 (8.2)		
		3. Komponen Aktivitas Fisik [n(%)]				
		a. Berjalan	87 (21.0)	48 (11.6)	NR	Menurun

NO	PENULIS /TAHUN	DOMAIN GAYA HIDUP	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN
25		b. Menonton TV, membaca, menggunakan komputer	230 (55.4)	339 (81.7)		Meningkat
		c. Olahraga	37 (8.9)	19 (4.6)		Menurun
		4. Total waktu perilaku menetap [n(%)]				
		a. 1-2 jam/hr	126 (30.4)	50 (12.0)	NR	Meningkat
		b. 3-4 jam/hr	138 (33.3)	79 (19.0)		
		c. 5-6 jam/hr	84 (20.2)	105 (25.3)		
		d. >6 jam/hr	67 (16.1)	181 (43.6)		
		5. Jumlah rata-rata tidur (jam)		7.1 (1.7)		
				8.0 (2.1)		
26	Janssen et al (2021)	Konsumsi alkohol (%)				
		1. Denmark	NR	10.7	NR	Meningkat
		2. Jerman		13.4		
		3. Slovenia		14.6		Menurun
27	Keel et al (2020)	Perubahan aktivitas fisik [n(%)]				
		a. Menurun	NR	54 (61.4)	NR	Menurun
		b. Sama		12 (13.7)		
		c. Meningkat		22 (24.9)		
28	Knell et al (2020)	1. Penggunaan tembakau [n(%)]				
		a. Meningkat	NR	54 (305)	p <0.01	Tidak berubah
		b. Berkurang		34 (19.2)		
		c. Tetap sama		89 (50.3)		

NO	PENULIS /TAHUN	DOMAIN GAYA HIDUP	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN
2. Penggunaan ganja [n(%)]						
a. Meningkat			NR	84 (36.5)	p <0.01	Tidak berubah
b. Berkurang				24 (10.4)		
c. Tetap sama				122 (53.0)		
3. Konsumsi alkohol [n(%)]						
a. Meningkat			NR	521 (38.5)	p <0.01	Tidak berubah
b. Berkurang				161 (11.9)		
c. Tetap sama				672 (49.6)		
4. Aktivitas Fisik [n(%)]						
a. Meningkat			NR	455 (25.2)	p <0.01	Menurun signifikan
b. Berkurang				706 (39.0)		
c. Tetap sama				648 (35.8)		
5. Kualitas tidur [n(%)]						
a. Meningkat			NR	175 (9.7)	p <0.01	Tidak berubah
b. Berkurang				560 (31.0)		
c. Tetap sama				1074 (59.4)		
Penurunan Kebiasaan gaya hidup (%)						
29	Kriaucionien e et al (2020)	a. Konsumsi minuman beralkohol	NR	15.9	NR	Menurun
		b. Aktivitas fisik		60.6		
30	Liu & Mattke	Perilaku pengurangan risiko [n(%)]				

NO	PENULIS /TAHUN (2020)	DOMAIN GAYA HIDUP	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN
		a. Menggunakan masker wajah	88 (16)	169 (32)	p <0.001	Meningkat signifikan
		b. Mencuci tangan (sabun/handsanitizer) beberapa kali/hr	527 (95)	552 (98)	p = 0.012	
1. Aktivitas Fisik (Median)						
31	Luciano et al (2020)	a. Skor IPAQ (MET-min/minggu)	1588 [809–2895]	1170 [400–2348]	p <0.01	Menurun signifikan
		b. Jalan kaki (MET-mnt/minggu)	693 [359–1386]	66 [0–347]		
		c. Sedang (MET-mnt/minggu)	0 [0–240]	120 [0–420]	p <0.001	Meningkat signifikan
		d. Kuat (MET-mnt/minggu)	360 [0–1440]	640 [0–1600]	p = 0.30	Meningkat
		e. Waktu berjalan (min/minggu)	210 [109–420]	20 [0–105]	p <0.01	Menurun signifikan
2. Perilaku menetap (Median)						
31		Waktu duduk per hari (jam)	8 [6–10]	10 [8-12]	p <0.01	Meningkat signifikan
		3. Tidur (Rata-rata)				
		Jam tidur per malam (jam)	6.7 ± 0.9	7.5 ± 1.1	p <0.01	Meningkat signifikan
		1. Perubahan Aktivitas Fisik (min/mgg)	8515.7	5053.5	p <0.001	Menurun signifikan
		2. Penurunan Aktivitas Fisik (%)	13.8	26.6		Meningkat signifikan
32	Martínez-de-Quel et al (2021)	3. Perubahan skor total masalah	6.2	7.2		

NO	PENULIS /TAHUN	DOMAIN GAYA HIDUP	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN
		tidur (Rata-rata)				
		4. Peningkatan masalah tidur (%)	63.4	75.2		
33	Marty et al (2020)	Perubahan konsumsi alkohol [n(%)]	30 (59)	39 (72)	p <.001	Meningkat signifikan
34	Park et al (2021)	1. Aktivitas Fisik Rendah (Median)				
		a. Frekuensi	2.88	2.58	p <0.001	Menurun signifikan
		b. Waktu	2.87	2.62	p = 0.009	
		c. Kepuasan dengan latihan	2.98	2.59	p <0.001	
		2. Aktivitas Fisik Sedang (Median)				
		a. Frekuensi	1.73	1.3	p <0.001	Menurun signifikan
		b. Waktu	2.13	1.45		
		c. Kepuasan dengan latihan	2.3	1.63		
		3. Aktivitas Fisik Tinggi (Median)				
		a. Frekuensi	1.73	1.4	p <0.001	Menurun signifikan
		b. Waktu	2.16	1.58		
		c. Kepuasan dengan latihan	2.48	1.86		
		4. Berjalan (Median)				
		a. Frekuensi	2.82	1.16	p <0.001	Menurun signifikan
		b. Waktu	2.92	2.33		
		c. Kepuasan dengan latihan	2.89	2.09		
		5. Tidur (Median)				

NO	PENULIS /TAHUN	DOMAIN GAYA HIDUP	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN
35	Perez-Rodrigo et al (2021)	a. Frekuensi	2.65	2.81	p = >0.05	Tidak berubah
		b. Waktu	3.41	3.14	p = 0.004	Menurun signifikan
		6. Merokok (Median)	1.46	1.47	p = 0.117	Tidak berubah
		7. Minum alkohol (Median)	2.64	2.42	p = 0.010	Menurun signifikan
		1. Perubahan Merokok (%)				
		a. Menurun	28.4	31.3	NR	Meningkat
		b. Meningkat	28.4	37.5		
		c. Sama	43.2	31.3		
		2. Perubahan Kualitas tidur buruk (%)				
		a. Menurun	NR	30.7	p <0.001	Meningkat signifikan
		b. Meningkat		32.3		
		c. Sama		37		
		3. Perubahan perilaku menetap >8jam/hr (%)				
		a. Menurun	NR	29.8	p = 0.020	Meningkat signifikan
		b. Meningkat		36.5		
		c. Sama		33.7		
		4. Perubahan Aktivitas fisik biasa : 30 min, >2kali/mgg (%)				
		a. Menurun	NR	36.2	p <0.001	Menurun signifikan
		b. Meningkat		25.5		
		c. Sama		38.3		

NO	PENULIS /TAHUN	DOMAIN GAYA HIDUP	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN
5. Perubahan Aktivitas fisik sedang : 30 min, >2kali/mgg (%)						
		a. Menurun		17.6		
		b. Meningkat	NR	41.1	p <0.001	Meningkat signifikan
		c. Sama		41.3		
36	Qi et al (2020)	1. Partisipasi PA [n(%)]				
		a. Rendah (<1 kali/mgg)	157 (24.3%)	418 (64.8%)	NR	Menurun
		b. Sedang (2-4 kali/mgg)	318 (49.3%)	116 (18.0%)		
		c. Tinggi (>5 kali/mgg)	170 (26.4%)	111 (17.2%)		
		2. Waktu menetap (jam/hr)	5.4 (2.9)	5.8 (4.6)	p <0.05	Meningkat signifikan
37	RNair et al (2020)	1. Aktivitas Olahraga (%)				
		a. Tidak sama sekali/Lebih sedikit	NR	58.6	NR	Menurun
		b. Tidak berubah		26.2		
		c. Meningkat		15.2		
		2. Konsumsi alkohol (%)				
		a. Menurun	NR	83.3	NR	Menurun
		b. Tidak berubah		12.5		
		c. Meningkat		4.2		
		3. Kebiasaan merokok (%)				
		a. Menurun	NR	58.8	NR	Menurun
		b. Tidak berubah		17.7		

NO	PENULIS /TAHUN	DOMAIN GAYA HIDUP	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN
		c. Meningkat		23.5		
		4. Tidur (%)				
		a. Menurun		18.2		
		b. Tidak berubah		17.1		
		c. Meningkat		64.7		
38	Robinson et al (2020)	Aktif secara fisik	NR	929 (46%)	NR	Meningkat
		Waktu duduk	NR	1462 (73%)	NR	Meningkat
		Konsumsi Alkohol	NR	744 (37%)	NR	Tidak berubah
		Tidur Bagus	NR	806 (40%)	NR	Meningkat
39	Rodríguez-Larrad et al (2021)	1. IPAQ-SF (Median)				
		a. PA Kuat (min/mgg)	327 (374)	267 (309)	p <0.001	Menurun signifikan
		b. PA sedang (min/mgg)	376 (563)	265 (408)		
		c. Waktu berjalan (min/mgg)	766 (820)	120 (318)		Meningkat signifikan
		d. Waktu menetap (min/mgg)	357 (178)	545 (200)		
		2. Waktu layar (Median)				
		a. Waktu luang (min/hr)	217 (140)	373 (202)	p <0.001	Meningkat signifikan
		b. Belajar, bekerja (min/hr)	251 (149)	344 (165)		
40	Rodríguez-Pérez et al (2020)	1. Asupan Alkohol [n(%)]				
		a. Sama		2429 (32.3)	p <0.001	Menurun Signifikan
		b. Menurun		4302 (57.3)		

NO	PENULIS /TAHUN	DOMAIN GAYA HIDUP	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN
		c. Meningkat		783 (10.4)		
		2. Aktivitas Fisik [n(%)]				
		a. Sama		1403 (18.7)		
		b. Menurun		4475 (59.6)		
		c. Meningkat		1196 (15.9)		
		d. Tidak pernah		440 (5.9)		
41	Rolland et al (2020)	1. Perubahan Penggunaan Layar				
		a. Tidak menggunakan layar		124 (1.09%)		
		b. Tidak Berubah		3784 (33.59%)		
		c. Meningkat moderat		5545 (49.22%)		
		d. Meningkat tidak terkendali		1729 (15.35%)		
		e. Menurun tanpa keinginan		179 (1.59%)		
		f. Menurun dengan keinginan		29 (0.26%)		
		2. Perubahan Kebiasaan Merokok (n=2878)				
		a. Tidak berubah		1208 (43.27%)		
		b. Meningkat moderat		746 (26.72%)		
		c. Meningkat tidak terkendali		249 (8.92%)		
		d. Menurun tanpa keinginan		432 (15.47%)		
		e. Menurun dengan keinginan		157 (5.62%)		
		3. Perubahan Konsumsi Alkohol (n=7108)				

N O	PENULIS /TAHUN	DOMAIN GAYA HIDUP	PRE- LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN
42	Romero- Blanco_2 et al (2020)	a. Tidak berubah	NR	4109 (57.82%)	NR	Tidak berubah
		b. Meningkat moderat		1654 (23.27%)		
		c. Meningkat tidak terkendali		107 (1.50%)		
		d. Menurun tanpa keinginan		1167 (16.4%)		
		e. Menurun dengan keinginan		70 (0.98%)		
		4. Perubahan Penggunaan Ganja (n=620)				
		a. Tidak berubah	NR	263 (39.49%)	NR	Tidak berubah
		b. Meningkat moderat		162 (24.32%)		
		c. Meningkat tidak terkendali		46 (6.91%)		
		d. Menurun tanpa keinginan		150 (22.52%)		
		e. Menurun dengan keinginan		45 (6.76%)		
		1. Skor IPAQ				
		a. Aktivitas Fisik Kuat (hr/mgg)	0.98	2.19	p <0.001	Meningkat signifikan
		b. Aktivitas Fisik Kuat (min/mgg)	28.47	30.66	p = 0.45	Meningkat
		c. Aktivitas Fisik Sedang (hr/mgg)	1.74	3.15	p <0.001	Meningkat signifikan
		d. Aktivitas Fisik Sedang (min/mgg)	42.81	47.74	p = 0.19	Meningkat
		e. Total Aktivitas Fisik mingguan (menit)	223.30	383.17	p <0.001	Meningkat signifikan
		2. Waktu duduk harian (min/hr)	418.59	525.35		

NO	PENULIS /TAHUN	DOMAIN GAYA HIDUP	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN
43	Sanudo, et al (2020)	1. Perubahan Aktivitas Fisik				
		a. PA sedang-kuat (mnt/mgg) = Subjektif	797 (822)	346 (341)	p = 0.005	Menurun signifikan
		b. Rata-rata langkah (/hr) = Objektif	8525 (3957)	2754 (1724)	p <0.001	Menurun signifikan
		2. Perilaku menetap				
		Waktu duduk (jam/hr) = subjektif	6.4 (2.6)	9.7 (2.9)	p =0.002	Meningkat signifikan
		3. Kuantitas dan Kualitas Tidur				
		a. Total Tidur (mnt/hr) = subjektif	473 (57.3)	507 (66.6)	p = 0.004	Meningkat signifikan
44	Savage et al (2020)	b. Gangguan Tidur = subjektif	47	58	p = 0.484	Tidak berubah
		1. Perilaku Menetap (jam per mgg)	T1 = 55	T2 = 62; T3 = 64; T4 = 80	p <0.001	Meningkat signifikan
		2. MVPA (menit per mgg)	T1 = 250	T2 = 260; T3 = 240; T4 = 220	p <0.10	Menurun signifikan
45	Sinha et al (2020)	Perubahan Waktu Tidur (rata-rata)				
		a. Waktu Mulai Tidur (jam)	23:49 ± 0:02	00:28 ± 0:03	p <0,001	Meningkat signifikan
		b. Waktu bangun (jam)	06:59 ± 0:02	07:50 ± 0:03		
		c. Durasi tidur (jam)	7:11 ± 0:02	7:23 ± 0:02		
46	Yang et al (2020)	1. Perubahan Aktivitas Fisik (Rata-rata)				
		a. Aktivitas pekerjaan rumah	2.0	2.0	p <0.05	Menurun Signifikan

NO	PENULIS /TAHUN	DOMAIN GAYA HIDUP	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN
47	Zheng et al (2020)	b. Aktivitas fisik sedang-berat	1.3	1.2		
		c. Berjalan	1.0	1.0		
		2. Perubahan Waktu Menetap (Rata-rata)				
		a. Hari Kerja	4.0	4.5	$p < 0.001$	Meningkat signifikan
		b. Akhir pekan	4.0	4.5		
		3. Perubahan waktu tidur (Rata-rata)				
		a. Hari Kerja	8.0	8.0	$p < 0.001$	Meningkat signifikan
		b. Akhir pekan	8.4	8.5		
		4. Perubahan waktu layar (Rata-rata)	4.0	5.0		
		1. Perubahan Kualitas Tidur (%)				
		a. Lebih baik	NR	18.4%	NR	Lebih buruk
		b. Sama		43.9		
		c. Lebih buruk		37.7		
		2. Perubahan Durasi tidur (jam/hr)	7.7	8.4		Meningkat
		3. Perubahan Level Aktivitas Fisik (%)				
		a. Meningkat	NR	16.5	NR	Menurun
		b. Sama		11.3		
		c. Menurun		72.3		

NO	PENULIS /TAHUN	DOMAIN GAYA HIDUP	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN
4. Perubahan Komponen Aktivitas Fisik (min/hr)						
a. Aktivitas fisik Kuat		9.5	6		NR	Menurun
b. Aktivitas fisik sedang		11.2	8.7			
c. Berjalan		39.7	19.8			
5. Perubahan Perilaku menetap (jam/hr)		7.8	10			Meningkat

LAMPIRAN 5 (HASIL PENGKAJIAN DAMPAK PERUBAHAN POLA MAKAN DAN GAYA HIDUP)

NO	PENULIS /TAHUN	UKURAN DAMPAK PERUBAHAN	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN
1	Al-Domi H, et al (2021)	Perubahan Berat Badan				
		a. Tidak Berubah	NR	2214 (50.5%)	NR	Tidak berubah
		b. Meningkat		1500 (34.2%)		
		c. Menurun		674 (15.4%)		
2	Błaszczyk-Bębenek et al (2020)	1. Kriteria IMT				
		a. Berat Badan Kurang	6 (2.1%)	7 (2.3%)	NR	Berubah
		b. Berat Badan Normal	154 (53.3%)	153 (50.8%)		
		c. Berat Badan Lebih	94 (32.5%)	101 (33.6%)		
		d. Gemuk (Obesitas)	35 (12.1%)	40 (13.3%)	p <0.0001	Meningkat signifikan
		2. Perubahan Berat Badan (kg)	73.47 ± 16.65	74.03 ± 16.81		Meningkat signifikan
3	Cicero AFG, et al (2021)	3. Perubahan IMT (kg/m²)	24.98 ± 4.33	25.28 ± 4.44	p = 0.361	Tidak berubah
		BMI	26.6 (4.7)	26.9 (4.5)		
4	Deschasaux-Tanguy (2020)	Berat Badan (% (kg))				
		1. Meningkat	NR	35 % (+1.8)	NR	Meningkat
		2. Menurun		23% (-2.0)		Menurun
5	Galali (2021)	Perubahan Berat badan				
		a. Meningkat	NR	32.4% (690)	NR	Meningkat

NO	PENULIS /TAHUN	UKURAN DAMPAK PERUBAHAN	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN
		b. Menurun		17.9% (380)		
6	Galle_2 et al (2020)	Perubahan IMT	22.6 ± 4.2	22.5 ± 4.6	p = 0.96	Tidak Berubah
7	Giacalone et al (2020)	Peningkatan Berat badan				
		a. Iya	NR	28.4%	NR	Tidak berubah
		b. Tidak		49.4%		
		c. Tidak tahu		22.2%		
8	Keel et al (2020)	Perubahan berat badan [n(%)]				
		a. Menurun	NR	14 (15.9)	NR	Tidak berubah
		b. Sama		49 (55.7)		
		c. Meningkat		25 (28.4)		
9	Kriaucioniene et al (2020)	Perubahan Berat Badan [n(%)] :				
		a. Asupan Makanan	NR	Berbagai jenis makanan	p = 0.001	Meningkat signifikan
		b. Kudapan meningkat		566 (73.4)		
		c. Memasak lebih sering		548 (71.1)		
		d. Makan lebih banyak		650 (84.3)		
		e. Konsumsi alkohol meningkat		161 (20.9)		
		f. Aktivitas fisik menurun		657 (85.2)		

NO	PENULIS /TAHUN	UKURAN DAMPAK PERUBAHAN	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN
10	Martínez-de-Quel et al (2021)	Perubahan berat badan (Rata-rata kg)	67.3	67.7	p = 0.012	Meningkat signifikan
11	Marty et al (2020)	1. Pengendalian Berat badan (SD) 2. Perubahan berat badan [n(%)]	2.29	2.43	NR	Meningkat
		a. Meningkat b. Menurun c. Tidak berubah	NR	275 (29.3%) 117 (12.5%) 546 (58.2%)	NR	Tidak berubah
12	RNair et al (2020)	Perubahan berat badan (%)				
		a. Meningkat b. Tetap c. Menurun	NR	31.2 55.1 13.1	NR	Tidak berubah
13	Rodríguez-Pérez et al (2020)	Perubahan berat badan [n(%)]				
		a. Iya b. Tidak tahu c. Iya	NR	3556 (47.3) 2993 (39.8) 965 (12.8)	p <0.001	Meningkat signifikan
14	Yang et al (2020)	1. Perubahan Berat badan (rata-rata kg) 2. Perubahan IMT (rata-rata kg/m ²)	58 ± 14.9 21.8 ± 5.7	59.9 ± 31.5 22.6 ± 11.4	p <0.001	Meningkat signifikan

LAMPIRAN 6 (HASIL PENGKAJIAN DAMPAK PERUBAHAN BERDASARKAN JENIS KELAMIN)

NO	PENULIS / TAHUN	UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	PRE-LOCKDOWN		DURING LOCKDOWN		P-VALU E	KETERANGAN	
			PRIA	WANITA	PRIA	WANITA			
1	Alhussein i & Alqahtani (2020)	Perubahan Kebiasaan Makan							
		a. skor kualitas asupan makanan	16.4 + 2.7	16.5 + 2.9	16.4 + 2.7	16.4 + 2.8	p >0.0 05	Menurun tidak signifikan (W)	
2	Amini et al (2020)	1. Perubahan Tingkat Aktivitas Fisik	1573,77 ± 2287,45	1192,46 ± 1553,89	504,82 ± 1066,11	388,88 ± 824,14		Menurun (P)	
		2. Klasifikasi Tingkat aktivitas fisik							
		a. Rendah	81 (53.3%)	260 (50.2%)	113 (75%)	410 (79%)	NR	Meningkat (P)	
		b. Moderat	31 (20.4%)	110 (21.2%)	20 (12.7%)	70 (13.5%)		Menurun (P)	
		c. Tinggi	40 (26.3%)	148 (28.6%)	19 (12.3%)	38 (7.5%)		Menurun (P)	
3	Bhutani et al (2020)	Perubahan Perilaku makan							
		1. Sayuran	NR	15.51%	21.61%	p <0.01	Meningkat Signifikan (W)		
		2. Buah-buahan		17.32%	24.23%				
		3. Minuman Non-diet (manis, bersoda, dll)		13.68%	18.51%	p <0.001			
		4. Makanan olahan		23.56%	38.15%	p			

NO	PENULIS / TAHUN	UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	PRE-LOCKDOWN		DURING LOCKDOWN		P- VALU E <0.001	KETERANGAN							
			PRIA	WANITA	PRIA	WANITA									
5. Makanan ekstra-olahan 6. Coklat (camilan) 7. Buah-buahan (camilan) 8. Sayuran (camilan) 9. Permen karet/buah 10. Keripik/ popcorn/kerupuk 11.Makanan penutup (kue/cookies/es krim) 12. Yogurt/Keju					19.97%	28.27%	p <0.05								
					17.22%	29.21%									
					22.38%	28.88%									
					17.71%	22.29%									
					13.19%	19.49%	p <0.001								
					30.91%	40.61%									
					22.56%	38.14%									
					14.62%	22.6%									
Perubahan Gaya Hidup															
1.Peningkatan Gaya Hidup															
a. Tidur b. Perilakuk menetap (duduk) c. Waktu luang layar d. Menonton TV			NR		22.27%	31.08%	p <0.001	Meningkat signifikan (W)							
					52.34%	62.23%									
					44.66%	61.14%									
					46.35%	53.85%									
2. Penurunan Gaya Hidup :															
a. Aktivitas Fisik Kuat b. Aktivitas Fisik moderate c. Berjalan			NR		34.37%	35.85%	p <0.001	Menurun signifikan (W)							
					30.67%	33.53%									
					32.30%	37.40%									
3. Serupa Gaya Hidup :															
a. Konsumsi kafein			NR		70.48%	66.03%	NR	Tidak berbeda							

NO	PENULIS / TAHUN	UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	PRE-LOCKDOWN		DURING LOCKDOWN		P-VALUE	KETERANGAN
			PRIA	WANITA	PRIA	WANITA		
			b. Konsumsi Alkohol				57.12%	55.57%
4	Bourdais & Zacharakis (2020)	1.Tingkat Aktivitas Fisik						
		a. PA Rendah (0–499 MET-menit/minggu)	336 (10.3%)	854 (16.3%)	420 (12.9%)	812 (15.5%)	p > 0.05	Meningkat tidak signifikan (P)
		b. PA Tinggi (>1000 MET-menit/minggu)	2031 (62.4%)	2622 (50.0%)	1623 (49.9%)	2424 (46.3%)	P <0.05	Menurun signifikan (P)
		2. Aktivitas Fisik Total (MET-menit/minggu)	17.088, 2 ± 244.6	13.963,2 ± 140.2	13.440.6 ± 237.4	12.216,7 ± 126.6		
5	Castaneda-Babarro et al (2020)	1. Waktu Aktivitas Fisik Kuat	256 ± 204	175 ± 176	202 ± 190	159 ± 174	p <0.001	Menurun signifikan (P)
		2. Waktu Aktivitas Fisik Sedang	163 ± 185	133 ± 160	145 ± 179	144 ± 159		
		3. Waktu Berjalan	265 ± 247	302 ± 260	110 ± 180.1	122 ± 199.3		
		4. Waktu Duduk (Perilaku menetap)	6 ± 3.1	6.3 ± 3.9	8.1 ± 5.9	7.9 ± 3.9		Meningkat signifikan (P)
6	Coulthard et al (2020)	Perubahan Asupan HED (Mean)	NR		Referensi	3.5	p <0.001	Meningkat signifikan (W)
7	Eek et al (2021)	1. Peningkatan aktivitas	NR		37.0% (68)	35.9% (294)	p = 0.758	Tidak berbeda
		2. Aktivitas Tidak Berubah			35.9%	34.2%		

NO	PENULIS / TAHUN	UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	PRE-LOCKDOWN		DURING LOCKDOWN		P-VALUE	KETERANGAN		
			PRIA	WANITA	PRIA	WANITA				
					(66)	(280)				
		3. Penurunan aktivitas			27.2% (50)	29.9% (245)				
8	Faulkner et al (2020)	Perubahan Latihan								
		a. Positif	NR		294 (12.1%)	977 (16.4%)	NR	Tidak berubah		
		b. Negatif			397 (16.3%)	1,008 (16.9%)				
		c. Tidak berubah			1.741 (71.6%)	3.967 (66.7%)				
9	Galali (2021)	1. Perubahan nafsu makan	Tes Kruskal-Wallis mengungkapkan bahwa perubahan nafsu makan selama penguncian secara signifikan berkorelasi dengan jenis kelamin ($p = .001$, khususnya kelompok pria (P))							
		2. Kenaikan berat badan	ada hubungan yang signifikan antara persepsi kenaikan berat badan dengan jenis kelamin ($p < .05$), khususnya pada kelompok pria (P)							
		3. Peningkatan Asupan makan	asupan makanan secara signifikan terkait dengan jenis kelamin ($p < .05$) khususnya pada kelompok pria (P)							
10	Giacalone et al (2020)	1. Frekuensi Cemilan								
		a. Menurun	NR		8.5%	11.8%	$p < 0.001$	Meningkat signifikan (W)		
		b. Sama			56.9%	43.6%				
		c. Meningkat			34.6%	44.6%				
		2. Peningkatan Konsumsi Alkohol			27.1%	31.7%	$p = 0.037$			

NO	PENULIS / TAHUN	UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	PRE-LOCKDOWN		DURING LOCKDOWN		P-VALUE	KETERANGAN
			PRIA	WANITA	PRIA	WANITA		
3. Aktivitas Fisik								
		a.Tidak aktif	NR		2.5%	2.2%	P = 0.166	Tidak berbeda
		b.Menurun			45.6%	48.6%		
		c.Sama			23.7%	19.8%		
		d.Meningkat			28.1%	29.3%		
11	Gornicka et al (2020)	1. Perubahan Pola makan						
		a. Sehat	NR		9.4% (62)	90.6% (596)	p = 0.001	Meningkat signifikan (W)
		b. Konstanta			12.1% (153)	87.9% (1109)		
		c. Tidak sehat			6.1% (28)	93.9% (433)		
12	Karuc et al (2020)	1. Perubahan Level Aktivitas Fisik [n(%)]						
		a. Tidak berubah	NR		10 (31)	15 (25)	NR	Menurun signifikan (W)
		b. Meningkat			6 (19)	11 (19)		
		c. Menurun			16 (50)	33 (56)		
		2. Penurunan MVPA (min/hr)			57.5	64.8		
13	Knell et al (2020)	1. Perubahan Gaya Hidup Negatif [OR (95% CI)]						
		a. Peningkatan Penggunaan tembakau	NR	referensi	2.46 (1.10–5.47)	NR	Meningkat 2,5 kali (W)	Meningkat 1 kali
		b. Peningkatan Penggunaan			0.96			

NO	PENULIS / TAHUN	UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	PRE-LOCKDOWN		DURING LOCKDOWN		P-VALUE	KETERANGAN
			PRIA	WANITA	PRIA	WANITA		
		Ganja				(0.51–1.80)		(P)
		c. Peningkatan Konsumsi alkohol				1.05 (0.80–1.36)		Meningkat 1 kali (P)
2. Perubahan Gaya Hidup Positif [OR (95% CI)]								
		a. Penurunan Kualitas Tidur	NR	referensi	1.42 (1.11–1.83)	NR	Menurun 1,5 kali (W)	Menurun 1,5 kali (W)
		b. Peningkatan Aktivitas Fisik			1.47 (1.12–1.93)			
14	Kriaucioniene et al (2020)	Peningkatan berat badan (OR)	NR	referensi	1.52 (1.08–2.14)	p = 0.015	Meningkat signifikan (W)	
15	Perez-Rodrigo et al (2021)	Perubahan Aktivitas fisik (%)					p <0.001	Meningkat signifikan (W)
		a. Menurun	NR	referensi	31.8	28.5		
		b. Meningkat			16.6	37.4		
		c. Sama			51.6	34		
16	RNair et al (2020)	1. Perubahan jumlah makan (median)	NR	referensi	3.48	Ref.	p = 0.41	Tidak berbeda
		2. Perubahan tidur (median)			3.05	Ref.	p = 0.47	

NO	PENULIS / TAHUN	UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	PRE-LOCKDOWN		DURING LOCKDOWN		P-VALUE	KETERANGAN						
			PRIA	WANITA	PRIA	WANITA								
3. Perubahan Olahraga (%)														
a. Meningkat			NR		21.9	10	p = 0.023	Menurun signifikan (W)						
					26.3	26.17								
					51.7	63.7								
4. Perubahan Berat badan (median)														
5. Perubahan konsumsi alkohol (%)														
a. Meningkat			NR		6.2	0	p = 0.36	Tidak berbeda						
					18.7	0								
					75	100								
6. Perubahan merokok (%)														
a. Meningkat			NR		23	25	p = 0.56	Tidak berbeda						
					23	0								
1. Perubahan Konsumsi Sayur & Buah [n(%)]														
a. Berkurang	Reyes-Olavarría et al (2020)		NR		33 (19.2)	112 (21.2)	p = 0.301	Tidak berbeda						
					92 (53.5)	247 (46.8)								
					47 (7.3)	169 (32)								
2. Memasak di rumah [n(%)]														
a. Berkurang			NR		12 (7)	28 (5.3)	p = 0.004	Meningkat signifikan (W)						
					76 (44.2)	167 (31.6)								
					84 (48.8)	333 (67.1)								

NO	PENULIS / TAHUN	UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	PRE-LOCKDOWN		DURING LOCKDOWN		P-VALU E	KETERANGAN	
			PRIA	WANITA	PRIA	WANITA			
3. Gaya makan [n(%)]									
a. Kurang sehat			NR		48 (27.9)	139 (26.3)	$p = 0.161$		
b. Sama					76 (44.19)	201 (38.1)			
c. Lebih sehat					48 (27.9)	188 (35.6)			
4. Jumlah makanan [n(%)]									
a. Berkurang			NR		32 (18.6)	72 (13.7)	$p = 0.189$		
b. Sama					60 (34.9)	177 (33.5)			
c. Bertambah					80 (46.5)	279 (52.8)			
5. Perubahan berat badan (%)									
a. Menurun			NR		19.8	14.2	$p = 0.085$		
b. Sama					54.6	47.7			
c. Meningkat					25.6	38.1			
6. Perubahan Aktivitas Fisik (%)									
a. Menurun			NR		51.2	58.7	$p = 0.10$		
b. Sama					21.5	21.4			
c. Meningkat					27.3	19.9			
1. IPAQ-SF (Median)									
18 Rodríguez-Larrañaga et al (2021)		a. PA Kuat (min/mgg)	386 (371)	296 (372)	263 (290)	269 (319)	$p < 0.001$		
		b. PA sedang (min/mgg)	359 (538)	385 (575)	218 (382)	290 (420)			
		c. Waktu berjalan (min/mgg)	697	803 (845)	117 (332)	122 (310)			

NO	PENULIS / TAHUN	UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	PRE-LOCKDOWN		DURING LOCKDOWN		P-VALUE	KETERANGAN
			PRIA	WANITA	PRIA	WANITA		
			(764)					
		d. Waktu menetap (min/mgg)	364 (184)	353 (175)	563 (205)	535 (197)		Meningkat signifikan (P)
19	Rolland et al (2020)	2. Waktu layar (Median)						
		a. Waktu luang (min/hr)	219 (138)	216 (141)	387 (204)	366 (200)	p <0.001	Meningkat signifikan (P)
		b. Belajar, bekerja (min/hr)	243 (149)	256 (149)	334 (165)	349 (165)	p = 0.369	Tidak berubah
		1. Peningkatan Rerata asupan harian kalori/makanan asin [OR 95% CI])	NR		1,62 (1,48-1,77)	referensi	p <0.001	Meningkat Negatif (W)
		2. Peningkatan Penggunaan Layar [OR 95% CI])			1,31 (1,21-1,43)		p <0.001	
		3. Peningkatan Kebiasaan Merokok (n=2878) [OR 95% CI])			1,31 (1,11-1,55)		p = 0.002	
		4. Peningkatan Konsumsi Alkohol (n=7108) [OR 95% CI])			1,02 (0,91-1,14)		p = 0.76	Tidak Berubah
		5. Peningkatan Penggunaan Ganja (n=620) [OR 95% CI])			0,99 (0,67-1,46)		p = 0.95	

NO	PENULIS / TAHUN	UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	PRE-LOCKDOWN		DURING LOCKDOWN		P-VALUE	KETERANGAN
			PRIA	WANITA	PRIA	WANITA		
20	Romero-Blanco_2 et al (2020)	1. Skor IPAQ (Rata-rata ± SD min/mgg)	226.46 ± 250.10	222.55 ± 317.89	279.93 ± 446.91	407.78 ± 404.76	p = 0.000	Meningkat Positif (W)
		2. Perubahan Waktu duduk (Rata-rata ± SD min/mgg)	403,90 ± 194,90	422,09 ± 203,54	545,85 ± 230,65	520,47 ± 185,37	p <0.001	Tidak berubah
21	Savage et al (2020)	1. Perilaku Menetap (jam per mgg)	Tidak ada interaksi antara jenis kelamin dan perubahan perilaku menetap yang ditemukan, meskipun laki-laki cenderung menghabiskan lebih banyak waktu untuk menetap (Tidak berbeda)				NR	Tertunda (W)
		2. MVPA (menit per mgg)	Ada interaksi gender yang signifikan, yang mencerminkan bahwa MVPA lebih tinggi pada laki-laki (P<.050)					
22	Sinha et al (2020)	1. Perubahan Jadwal Makan (Mean ± SE)						
		a. Sarapan	09:05 ± 0: 03	09:01 ± 0: 03	09:53 ± 0:04	21:03 ± 0: 02	NR	Tertunda (W)
		b. Makan Siang	13:12 ± 0: 02	09:01 ± 0: 03	09:53 ± 0:04	13:49 ± 0: 02		
		c. Makan Malam	20:53 ± 0:02	20:42 ± 0: 02	21:03 ± 0: 02	21:02 ± 0: 02		
		2. Perubahan Waktu Tidur (Mean ± SE)						
		a. Waktu Mulai Tidur (jam)	23:50 ± 0: 03	23:47 ± 0: 03	00:38 ± 0: 04	00:32 ± 0:04	NR	Tertunda (W)
		b. Waktu bangun (jam)	07:01 ± 0: 03	06:58 ± 0: 03	07:40 ± 0: 04	08:00 ± 0: 04		

NO	PENULIS / TAHUN	UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	PRE-LOCKDOWN		DURING LOCKDOWN		P-VALUE	KETERANGAN	
			PRIA	WANITA	PRIA	WANITA			
			c. Durasi tidur (jam)	7:10 ± 0:02	7:11 ± 0:02	7:17 ± 0:03	7:29 ± 0:03		
23	Zheng et al (2020)	Perubahan Level Aktivitas Fisik (%)							
		a. Meningkat	NR		12.2	19.2	NR	Menurun (P)	
		b. Sama			10.6	11.7			
		c. Menurun			77.1	69.2			
24	Zhou et al (2021)	1. Perilaku Menetap Akhir Pekan (jam/hr)	4.1±2.9	4.3±2.7	4.6±3.1	5.1±3.0	NR	Meningkat (W)	
		2. Perilaku Menetap Hari Kerja (jam/hr)	4.0±2.8	4.3±2.7	4.6±3.1	5.1±2.9			
		3. Perubahan Aktivitas Fisik Total							
		a. Meningkat	NR		16.1%	83.9%	0.449	Meningkat tidak signifikan (W)	
		b. Tetap			30.9%	69.1%			
		c. Menurun			29.1%	70.9%			

LAMPIRAN 7 (HASIL PENGKAJIAN DAMPAK PERUBAHAN BERDASARKAN USIA)

NO .	PENULIS/ TAHUN	PERUBAHAN UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	KELOMPO K USIA	PRE- LOCKDOWN	DURING LOCKDOWN	P- VALUE	KETERANG AN
1	Alhusseini & Alqahtani (2020)	Perubahan Kebiasaan Makan					
		a. skor kualitas asupan makanan	18-35 th	16.1+2.8	16.0+2.8	p = 0.17	Menurun Signifikan (DT)
			36-55th	17.2+2.7	17.1+2.6	p = 0.15	
			>55th	18.0 + 2.8	17.7 + 2.8	p = 0.01	
		b. skor rerata kuantitas makanan	18-35 th	14.1 + 2.7	15.3 + 2.7	p <0.001	Meningkat Signifikan (DM)
			36-55th	15.8+2.3	16.5+2.4		
			>55th	16.5+2.2	16.9+2.5	p = 0.003	
2	Amini et al (2020)	1.Perubahan Tingkat Aktivitas Fisik	18–34 tahun	1429,36 ± 2144,87	463,31 ± 995,31	NR	Menurun (DM)
			35–64 tahun	1058,67 ± 1416,73	337,21 ± 564,73		
		2. Klasifikasi Tingkat aktivitas fisik (Tingkat Tinggi)	18–34 tahun	143 (30%)	54 (11.5%)		Menurun (DM)
			35–64 tahun	45 (23%)	3 (1%)		
3	Bourdas & Zacharakis (2020)	Aktivitas Fisik Total (MET-menit/minggu)	18–29th	14.406,0 ± 212.3	12.230,7 ± 226.3	p <0.05	Menurun signifikan (DT)
			30-49th	15.668,9 ± 209.7	12.894,9 ± 168.0		
			50-59th	15.833,7 ±	13.449,1 ±		

NO .	PENULIS/ TAHUN	PERUBAHAN UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	KELOMPO K USIA	PRE-LOCKDOWN	DURING LOCKDOWN	P- VALUE	KETERANG AN
				284.0	248.4		
			60-69th	14.402,3 ± 547.4	11.682,2 ± 596.0		
			70+th	12.364,3 ± 1535.2	8472.6 ± 949.4		
4	Castaneda-Babarro et al (2020)	1. Waktu Aktivitas Fisik Kuat	18-24 th	300 ± 206.6	246 ± 189.1	$p <0.001$	Menurun signifikan (DM)
			25-34th	244 ± 197.9	201 ± 193.6		
			35-44th	209 ± 189.9	175 ± 174.5		
			45-54 th	202 ± 184.4	171 ± 183.3		
			55-65 th	199 ± 126	155 ± 186.1		
		2. Waktu Aktivitas Fisik Sedang	18-24 th	180 ± 197.3	149 ± 154.6	$p <0.05$	Menurun signifikan (DM)
			25-34th	139 ± 150.3	145 ± 159.4	$p = 0.345$	
			35-44th	141 ± 176.6	140 ± 173.5	$p = 0.830$	
			45-54 th	150 ± 172.7	142 ± 170.7	$p = 0.121$	
			55-65 th	169 ± 191.7	162 ± 184.3	$p = 0.405$	
		3. Waktu Berjalan	18-24 th	321 ± 281.8	94 ± 182.6	$p <0.001$	Menurun signifikan (DM)
			25-34th	280 ± 244.2	97 ± 161.1		
			35-44th	253 ± 235.8	108 ± 186.8		

NO .	PENULIS/ TAHUN	PERUBAHAN UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	KELOMPO K USIA	PRE- LOCKDOWN	DURING LOCKDOWN	P- VALUE	KETERANG AN			
5	Eek et al (2021)	4. Waktu Duduk (Perilaku menetap)	45-54 th	285 ± 256.1	125 ± 197.8	$p <0.001$	Meningkat signifikan (DM)			
			55-65 th	354 ± 284.1	160 ± 213.2					
			18-24 th	6.6 ± 4.2	9 ± 3.5					
			25-34th	6.4 ± 3.1	8.6 ± 3.6					
			35-44th	6 ± 3.9	7.7 ± 3.9					
		1. Peningkatan aktivitas	45-54 th	6.1 ± 3.1	7.9 ± 7.2	$p <0.001$	Meningkat signifikan (DM)			
			55-65 th	5.7 ± 3	7.5 ± 3.5					
			<35th	NR	48.3% (69)					
			35-49th		40.4% (161)					
			50-69th		30.7% (122)					
			70+ th		16.3% (7)					
		2. Penurunan aktivitas	<35th	NR	30.1% (43)	$p <0.001$	Menurun signifikan (DT)			
			35-49th		25.6% (102)					
			50-69th		30.9% (123)					
			70+ th		55.8% (24)					
6	Galali (2021)	1. Perubahan nafsu makan	perubahan nafsu makan selama penguncian secara signifikan berkorelasi dengan usia ($p=.001$, khususnya berhubungan positif dengan kelompok usia 18-30 tahun)							
		2. Kenaikan berat badan	Ada hubungan yang signifikan antara persepsi kenaikan berat badan dengan usia ($p<.000$), khususnya kelompok usia 18-30 & 31-51 tahun							

NO .	PENULIS/ TAHUN	PERUBAHAN UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	KELOMPO K USIA	PRE- LOCKDOWN	DURING LOCKDOWN	P- VALUE	KETERANG AN		
		3. Peningkatan Camilan tidak sehat	Uji Mann-Whitney U menunjukkan bahwa peningkatan camilan tidak sehat (minuman manis, permen kemasan, camilan gurih, dan produk panggang) berhubungan positif dengan usia, khususnya kelompok usia < 18 tahun dan 18-31 tahun ($p<0,0001$)						
7	Gornicka et al (2020)	Peningkatan Pola makan (tidak sehat)	<30 tahun 30–39 tahun 40–49 tahun 50–59 tahun 60 tahun	NR	28.6% (132) 51.8% (239) 10.0% (46) 4.3% (20) 5.2% (24)	p <0.001	Meningkat signifikan (DM)		
8	Knell et al (2020)	Perubahan Gaya Hidup Negatif [OR (95% CI)] (Referensi usia 18-34 tahun)	a. Peningkatan Penggunaan tembakau b. Peningkatan Konsumsi alkohol	35-49th 50+ th 35-49th 50+ th	NR	0.68 (0.25– 1.80) 0.31 (0.10– 0.92) 0.81 (0.58– 1.11) 0.54 (0.38– 0.78)	NR	Menurun 0.3 kali (DT) Menurun 0.5 kali (DT)	
9	Kriaucionie	Peningkatan berat badan	36-50 th	NR	1.36 (1.06–	p =	Meningkat		

NO .	PENULIS/ TAHUN ne et al (2020)	PERUBAHAN UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA (OR) (Referensi usia 18-35 tahun)	KELOMPOK USIA 51+ th	PRE-LOCKDOWN	DURING LOCKDOWN 1.73)	P- VALUE 0.014	KETERANGAN signifikan (DT)
					1.80 (1.35- 2.39)		
10	Rolland et al (2020)	Peningkatan Rerata asupan harian kalori/makanan asin [OR995% CI])	16-29 th	NR	Referensi	p <0.001	Meningkat signifikan (DM)
			30-49th		0.81 (0.71- 0.92)		
			50-64th		0.54 (0.47- 0.63)		
			65+ th		0.42 (0.34- 0.53)		
		Peningkatan Penggunaan Layar [OR995% CI])	16-29 th		Referensi	p <0.001	Meningkat signifikan (DM)
			30-49th		0.70 (0.61- 0.81)		
			50-64th		0.68 (0.58- 0.79)		
			65+ th		0.65 (0.53- 0.80)		
		Peningkatan Kebiasaan Merokok (n=2878) [OR995% CI])	16-29 th		Referensi	p <0.001	Meningkat signifikan (DM)
			30-49th		0.81 (0.64- 1.01)		
			50-64th		0.71 (0.55- 0.93)		
			65+ th		0.32 (0.20 -		

NO .	PENULIS/ TAHUN	PERUBAHAN UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	KELOMPO K USIA	PRE- LOCKDOWN	DURING LOCKDOWN	P- VALUE	KETERANG AN	
11	Sinha et al (2020)	Peningkatan Konsumsi Alkohol (n=7108) [OR995% CI])	16-29 th		Referensi	p <0.001	Meningkat signifikan (DM)	
			30-49th		1.18 (1.01 - 1.39)			
			50-64th		0,84 (0,69- 1,01)			
			65+ th		0,76 (0,56- 1,07)			
		Peningkatan Penggunaan Ganja (n=620) [OR995% CI])	16-29 th		Referensi	p = 0.02	Meningkat signifikan (DM)	
			30-49th		0,90 (0,58- 1,39)			
			50-64th		0,48 (0,25- 0,89)			
			65+ th		NR			
1. Perubahan Jadwal Makan								
a. Sarapan		25-31th	jam 09.25	jam 10.15	p <0.001	Meningkat Signifikan (DM)		
b. Makan Siang			jam 13.25	jam 13.40	p = 0.18	Meningkat (DM)		
c. Makan Malam			jam 20.55	jam 21.10	p <0.001	Meningkat Signifikan (DM)		

NO .	PENULIS/ TAHUN	PERUBAHAN UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA 2. Perubahan Waktu Tidur	KELOMPO K USIA	PRE- LOCKDOWN	DURING LOCKDOWN	P- VALUE	KETERANG AN
12	Zhou et al (2021)	Perubahan Aktivitas Total [OR(95% CI)]	18-24th	jam 00:15	jam 00:45	p <0.001	Meningkat Signifikan (DM)
				jam 07.15	jam 08.30		
				7 jam	7.5 jam		
12	Zhou et al (2021)	Perubahan Aktivitas Total [OR(95% CI)]	Peserta lebih tua	NR	1.06 (1.02-1.09)	NR	Menurun (DT)

LAMPIRAN 8 (HASIL PENGKAJIAN DAMPAK PERUBAHAN BERDASARKAN PENDIDIKAN)

N O	PENULIS/ TAHUN	UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	JENIS PENDIDIKAN	PRE- LOCKDOWN	DURING LOCKDOWN	P- VALUE	KETERANG AN
1	Alhusseini & Alqahtani (2020)	Perubahan Kebiasaan Makan					
		a. skor kualitas asupan makanan	SMA	15.9+2.8	15.9+2.7	p = 0.94	Tidak berbeda
			Sarjana	16.4+2.8	16.4+2.7	p = 0.16	
			Lulus	17.9 + 2.8	17.9 + 2.9	p <0.001	
		b. skor rerata kuantitas makanan	SMA	14.1+2.8	15.3+2.8	p <0.001	Meningkat signifikan (S)
			Sarjana	14.8 + 2.7	15.8 + 2.6	p <0.001	
			Lulus	15.6+2.3	16.3+2.4	p <0.001	
		1. Peningkatan aktivitas	Sekolah menengah	NR	35.3% (54)	p = 0.808	Tidak berbeda
			Pendidikan pasca sekolah menengah		36.2% (363)		
			Sekolah menengah		36.6% (56)		
			Pendidikan pasca		34.0% (346)		
2	Eek et al (2021)	2. Aktivitas Tidak Berubah	Sekolah menengah	NR	35.3% (54)	p = 0.808	Tidak berbeda
			Pendidikan pasca				

N O	PENULIS/ TAHUN	UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	JENIS PENDIDIKAN	PRE- LOCKDOWN	DURING LOCKDOWN	P- VALUE	KETERANG AN
		3. Penurunan aktivitas	sekolah menengah		28.1% (43)		
			Sekolah menengah				
			Pendidikan pasca sekolah menengah		29.9% (298)		
3	Gornicka et al (2020)	Perubahan Pola makan (tidak sehat)	Rendah	NR	20.0% (92)	p = 0.007	Meningkat signifikan (S)
			Tinggi (universitas)		80.0% (369)		
4	Knell et al (2020)	Perubahan Gaya Hidup Negatif [OR (95% CI)]					
		a. Penurunan Penggunaan tembakau	Bukan lulusan PT	NR	Ref.	0.29 (0.10–0.80)	Menurun 0.29 kali (S)
			Lulusan PT atau lebih		Ref.		
		b. Penurunan Konsumsi alkohol	Bukan lulusan PT		Ref.	0.46 (0.30–0.71)	Menurun 0.46 kali (S)
			Lulusan PT atau lebih		Ref.		
5	Kriaucioniene et al (2020)	Peningkatan berat badan (OR)	Universitas	NR	Ref.	p = 0.113	Tidak Berbeda
			Lebih rendah		1.20 (0.96–1.51)		
6	Romero-Blanco_2 et al	1. Skor IPAQ (Rata-rata ± SD min/mgg)	Tahun 1	207.83 ± 290.89	463,36 ± 567,77	p <0.001	Meningkat signifikan (S)
			Tahun 2	234.84 ±	331,98 ±		

N O	PENULIS/ TAHUN	UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	JENIS PENDIDIKAN	PRE- LOCKDOWN	DURING LOCKDOWN	P- VALUE	KETERANG AN
2. Perubahan Waktu duduk (Rata-rata ± SD min/mgg)	(2020)			355,42	301,27	0.002	
			Tahun 3	265,56 ± 292,99	409,82 ± 388,14	p = 0.014	
			Tahun 4	162,18 ± 222,00	172,73 ± 145,18	p = 0.590	Meningkat
			Tahun 1	465,54 ± 236,42	520,84 ± 191,10	p = 0.062	
			Tahun 2	449,52 ± 148,49	526,67 ± 198,32	p = 0.005	
			Tahun 3	373,33 ± 181,76	520,67 ± 215,50	p = 0.001	
			Tahun 4	245,45 ± 101,26	548,18 ± 159,60	p <0.001	
			SMA	NR	Referensi	NR	Menurun (S)
			Mahasiswa		1.53 (1.25-1.87)		
			Lulusan		1.29 0.86-1.92)		
7	Zhou et al (2021)	Perubahan Aktivitas Total [OR(95% CI)]					

LAMPIRAN 9 (HASIL PENGKAJIAN DAMPAK PERUBAHAN BERDASARKAN PEKERJAAN)

N O	PENULIS/ TAHUN	UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	JENIS PEKERJAAN	PRE- LOCKDOW N	DURING LOCKDOW N	P- VALUE	KETERANGA N
1	Castaneda-Babarro et al (2020)	1. Waktu Aktivitas Fisik Kuat	Bekerja	212.1 ± 189.9	177.3 ± 179.4	p <0.001	Menurun signifikan (TB)
			Pelajar	295.5 ± 221.0	223.7 ± 199.199		
			Bekeja-Belajar	223.6 ± 196.8	193.2 ± 195.2		
			Tidak bekerja	213.9 ± 228.4	179.6 ± 201.1	p = 0.013	
		2. Waktu Aktivitas Fisik Sedang	Bekerja	143 ± 169.2	142.2 ± 170.6	p = 0.811	Menurun signifikan (TB)
			Pelajar	171.1 ± 191.8	143.5 ± 157.1	p <0.05	
			Bekeja-Belajar	157.4 ± 177.1	144 ± 160.6	p = 0.141	
			Tidak bekerja	198 ± 208.8	184.6 ± 190.4	p = 0.316	
		3. Waktu Berjalan	Bekerja	269.3 ± 246.2	113.7 ± 182.7	p <0.001	Menurun signifikan (TB)
			Pelajar	298.8 ± 246.1	98.8 ± 189.7		

N O	PENULIS/ TAHUN	UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	JENIS PEKERJAAN	PRE- LOCKDOW N	DURING LOCKDOW N	P- VALUE	KETERANGA N
2	Galali (2021)	4. Waktu Duduk (Perilaku menetap)	Bekeja-Belajar	301.3 ± 249.5	106.1 ± 179.6	p <0.001	Meningkat signifikan (TB)
			Tidak bekerja	403.3 ± 326.3	186.6 ± 267.2		
			Bekerja	6.2 ± 3.5	8.0 ± 5.4		
			Pelajar	6.4 ± 2.4	8.8 ± 3.2		
			Bekeja-Belajar	6.3 ± 4.1	8.3 ± 3.4		
			Tidak bekerja	4.4 ± 2.4	6.5 ± 3.5		
2	Galali (2021)	Kenaikan berat badan	Ada hubungan yang signifikan antara persepsi kenaikan berat badan dengan pekerjaan ($p <.05$), khusunya pada pekerja WFH (B)				
3	Gornicka et al (2020)	Perubahan Pola makan (tidak sehat)	Tidak/berhenti Bekerja	NR	45.8% (211)	p <0.001	Meningkat signifikan (TB)
			Bekerja/Belajar jarak jauh		44.7% (206)		
			Bekerja		9.5% (44)		
4	Knell et al (2020)	1. Perubahan Gaya Hidup Negatif [OR (95% CI)]					
		Penurunan Penggunaan tembakau	Bekerja/mahasiswa	NR	Ref.	NR	Menurun 0.11 kali (TB)
			Tidak bekerja atau lainnya		0.11 (0.02– 0.58)		
		2. Perubahan Gaya Hidup Positif [OR (95% CI)]					
		Peningkatan Kualitas Tidur	Bekerja/mahasiswa	NR	Ref.	NR	Meningkat 0.53 kali (TB)
			Tidak bekerja atau lainnya		0.53 (0.31– 0.90)		

N O	PENULIS/ TAHUN	UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	JENIS PEKERJAAN	PRE- LOCKDOW N	DURING LOCKDOW N	P- VALUE	KETERANGA N
5	Rolland et al (2020)	1. Peningkatan Rerata asupan harian kalori/makanan asin [OR995% CI])	Bekerja	NR	Referensi	p <0.001	Meningkat Signifikan (B)
			Pelajar		0,89 (0,75-1,05)		
			Pencari Kerja		0,86 (0,69-1,08)		
			Tidak bekerja/pensiunan		0,72 (0,59-0,87)		
		2. Peningkatan Penggunaan Layar [OR995% CI])	Bekerja		Referensi	p <0.001	Meningkat Signifikan (B)
			Pelajar		1,17 (0,97-1,42)		
			Pencari Kerja		0,69 (0,55-0,86)		
			Tidak bekerja/pensiunan		0,51 (0,43-0,61)		
		3. Peningkatan Kebiasaan Merokok (n=2878) [OR995% CI])	Bekerja		Referensi	p = 0.003	Meningkat Signifikan (B)
			Pelajar		0,61 (0,44-0,84)		
			Pencari Kerja		0,84 (0,59-1,20)		
			Tidak bekerja/pensiunan		0,68 (0,48-0,97)		
		4. Peningkatan Konsumsi Alkohol	Bekerja		Referensi	p = 0.004	Meningkat Signifikan (B)
			Pelajar		0,71 (0,56-		

NO	PENULIS/ TAHUN	UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	JENIS PEKERJAAN	PRE-LOCKDOWN	DURING LOCKDOWN	P- VALUE	KETERANGAN
		(n=7108) [OR995% CI])			0,90)		
			Pencari Kerja		1,02 (0,77- 1,36)		
			Tidak bekerja/pensiunan		0,72 (0,55- 0,94)		
		5. Peningkatan Penggunaan Ganja (n=620) [OR995% CI])	Bekerja		Referensi		
			Pelajar		0,55 (0,31- 0,95)		
			Pencari Kerja		0,94 (0,48- 1,82)		
			Tidak bekerja/pensiunan		0,22 (0,09- 0,52)	p <0,001	Meningkat Signifikan (B)

LAMPIRAN 10 (HASIL PENGKAJIAN DAMPAK PERUBAHAN BERDASARKAN PENGHASILAN)

NO	PENULIS/ TAHUN	UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	TINGKAT PENDAPATAN	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN
1	Alhusseini & Alqahhani (2020)	Perubahan Kebiasaan Makan					
		a. skor kualitas asupan makanan	9.999 atau kurang (SR)	16.0+2.7	16.0+2.6	p = 0.27	Menurun Signifikan (PT)
			10.000-19.999 (SR)	16.9+2.7	16.8+2.7	p = 0.7	
			20.000 atau lebih (SR)	17.6 + 2.9	17.3 + 3.0	p <0.001	
		b. skor rerata kuantitas makanan	9.999 atau kurang (SR)	14.4+2.7	15.6+2.6	p <0.001	Meningkat Signifikan (PR)
			10.000-19.999 (SR)	15.2+2.5	16.0+2.6	p <0.001	
			20.000 atau lebih (SR)	15.6 + 2.4	16.2 + 2.5	p <0.001	
2	Dunton et al (2020)	Perubahan Berjalan (min/mgg): Laporan sendiri	< \$27.000	380	280	NR	Menurun (PS)
			\$27.000-\$59.999	400	250		
			\$60.000-\$99.999	390	260		
			> \$100,000	300	250		
		Perubahan Berjalan (langkah/hr): Akselerometer	< \$27.000	4800	1900		
			\$27.000-\$59.999	5100	3000		
			\$60.000-\$99.999	5200	3500		
			> \$100,000	5300	4300		
3	Zhou et al (2021)	Perubahan Aktivitas Total [OR(95% CI)]	<12.000	NR	Referensi	NR	Menurun (PT)
			≥12.000-20.000		1.46 (1.23-1.73)		
			≥20.000-60.000		1.42 (1.20-1.67)		

NO	PENULIS/ TAHUN	UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	TINGKAT PENDAPATAN	PRE- LOCKDOWN	DURING LOCKDOWN	P- VALUE	KETERANGAN
			≥60.000-100.000		1.68 (1.39- 2.03)		
			≥100.000-200.000		1.91 (1.54- 2.35)		
			≥200.000		1.45 (1.08- 1.94)		

LAMPIRAN 11 (HASIL PENGKAJIAN DAMPAK PERUBAHAN BERDASARKAN ETNIS)

NO	PENULIS/TAHUN	UKURAN POLA MAKAN, GAYA HIDUP DAN DAMPAKNYA	JENIS ETNIS	PRE-LOCKDOWN	DURING LOCKDOWN	P-VALUE	KETERANGAN
1	Alhusseini & Alqahtani (2020)	Perubahan Kebiasaan Makan					
		a. skor kualitas asupan makanan	Saudi	16.4 + 2.9	16.3 + 2.8	p = 0.04	Menurun Signifikan (EA)
			Non Saudi	17.0+2.5	16.9+2.6	p = 0.21	
		b. skor rerata kuantitas makanan	Saudi	14.6 + 2.7	15.7 + 2.7	p <0.001	Meningkat signifikan (EA)
2	Dunton et al (2020)	Perubahan Berjalan (min/mgg)	Non-Hispanik/Latin	375	280	NR	Menurun (EA)
			Hispanik/Latin	380	190		
3	Zhou et al (2021)	Perubahan Aktivitas Total [OR(95% CI)]	Han	NR	Referensi	NR	Tidak berbeda
			Minoritas		0.91 (0.71-1.17)		

Keterangan: NR = *Not Reported* (Tidak dilaporkan)

RIWAYAT HIDUP

A. Data Pribadi

1. Nama : Putri Indah Nirmalasari
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3. Alamat : UPT. Lapokamata, Kec.Lasalimu Selatan, Kab. Buton, Sulawesi Tenggara
4. Status Sipil
 - a. Nama Ayah : Zulkarnain
 - b. Nama Ibu : Sri Nirwana

B. Riwayat Pendidikan

1. Pendidikan Formal

- a. Tamat SD tahun 2005 di SDN 2 Bau-Bau, Sultra
- b. Tamat SLTP tahun 2008 di SMPN 1 Bau-Bau, Sultra
- c. Tamat SLTA tahun 2011 di SMAN 2 Panca Rijang, Sidrap, Sulsel
- d. Diploma Tiga (DIII) tahun 2014 di Jurusan Gizi Poltekkes Kemenkes Makassar
- e. Sarjana Terapan (DIV) tahun 2019 di Jurusan Gizi dan Dietetika Poltekkes Kemenkes Makassar
- f. Magister (S2) tahun 2021 di Departemen Gizi, Fakultas Kesehatan Masyarakat, Universitas Hasanuddin

2. Pendidikan Non Formal

Kursus Bahasa Inggris di Kampung Inggris Pare, Kediri, 2016

C. Pekerjaan dan Riwayat Pekerjaan

1. Dietisen (Ahli Gizi) RS Ibnu Sina Makassar 2019-sekarang
2. Konselor Gizi Klinik Endokrin dan Penyakit Dalam dr. Husaini Umar Sp.PD, K-EMD, 2018
3. Nutrisionist (Ahli Gizi) Puskesmas Long Pahangai, Kab.Mahakam Ulu, Kalimantan Timur, 2015-2017
4. Enumerator Survei Penilaian Status Gizi (PSG), Kemenkes RI, 2016
5. Enumerator Survei Program Keluarga Harapan (PKH), Kemensos RI, 2014

D. Karya Ilmiah / Artikel Jurnal yang telah dipublikasikan

1. Pelaksanaan Diet dan Status Gizi serta Kemandirian Penderita Hipertensi Lansia di Desa Bonto Marannu (Media Gizi Pangan 26(1):122, Juli 2019, DOI: 10.32382/mgp.v26i1.996).
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