

ABSTRAK

HUBUNGAN TINGKAT STRES DAN PERILAKU *EMOTIONAL EATING* TERHADAP STATUS GIZI PADA MAHASISWA JURUSAN GIZI POLTEKKES KEMENKES SURABAYA

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ABSTRAK

Latar belakang Status gizi ialah salah satu indikator kesehatan utama pada suatu negara atau masyarakat. Status gizi (*nutritional status*) ialah keadaan yang diakibatkan oleh ketidakseimbangan antara asupan zat gizi yang berasal dari makanan serta kebutuhan zat gizi yang diperlukan oleh tubuh. Faktor penyebab status gizi yaitu diantaranya faktor psikologi (termasuk stres) dan perilaku makan. **Tujuan penelitian** untuk mengetahui hubungan tingkat stres dan perilaku *emotional eating* terhadap status gizi pada mahasiswa Jurusan Gizi Poltekkes Kemenkes Surabaya. **Metode penelitian** bersifat observasional dengan desain cross sectional. Pengambilan sampel dengan teknik *Voluntary Sampling*, dengan jumlah sampel sebanyak 56 responden. Tingkat stres diambil dengan kuisioner PSS (*Perceived Stress Scale*), perilaku *emotional eating* dengan kuisioner DEBQ (*Dutch Eating Behaviour Questionnaire*), status gizi dengan pengukuran tinggi badan dan berat badan. Analisa data dengan menggunakan uji Korelasi Spearman. **Hasil penelitian** sebagian besar tingkat stres berkategori sedang (89,3%), perilaku *emotional eating* kategori rendah (64,3%), status gizi normal (42,9%), perilaku *emotional eating* rendah dengan status gizi normal (30,4%) dan hasil uji statistik korelasi spearman didapatkan p-value sebesar 0,167, tingkat stres sedang dengan status gizi normal (37,5%) dan hasil uji statistik korelasi spearman didapatkan p-value sebesar 0,485. **Kesimpulan** Tidak terdapat hubungan tingkat stres dan perilaku *emotional eating* terhadap status gizi pada mahasiswa Jurusan Gizi Poltekkes Kemenkes Surabaya.

Kata kunci : Tingkat stres, perilaku *emotional eating*, status gizi

ABSTRACT

CORRELATION OF STRESS LEVEL AND EMOTIONAL EATING BEHAVIOR TOWARDS NUTRITIONAL STATUS IN NUTRITION DEPARTMENT IN THE DEPARTMENT OF NUTRITION POLTEKKES SURABAYA

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ABSTRACT

Background, Nutritional status is one of the main health indicators in a country or society. Nutritional status is a condition caused by an imbalance between the intake of nutrients from food and the nutritional needs of the body. Factors that cause nutritional status include psychological factors (including stress) and eating behavior. **The purpose** of the study was to determine the relationship between stress levels and emotional eating behavior on nutritional status in students of the Department of Nutrition, Poltekkes, Ministry of Health, Surabaya. **The research method** is observational with a cross sectional design. Sampling using Voluntary Sampling technique, with a total sample of 56 respondents. Stress levels were taken using the PSS (Perceived Stress Scale) questionnaire, emotional eating behavior using the DEBQ (Dutch Eating Behavior Questionnaire), nutritional status by measuring height and weight. Data analysis using Spearman Correlation test. **The results** showed that most of the stress levels were in the moderate category (89.3%), the emotional eating behavior was in the low category (64.3%), the nutritional status was normal (42.9%), the emotional eating behavior was low with the normal nutritional status (30.4%).) and the results of the Spearman correlation statistical test obtained a p-value of 0.167, moderate stress levels with normal nutritional status (37.5%) and the results of the Spearman correlation statistical test obtained a p-value of 0.485. **The conclusion** There is no relationship between stress levels and emotional eating behavior on nutritional status in students of the Department of Nutrition, Poltekkes, Ministry of Health, Surabaya.

Keywords : Stress level, emotional eating behavior, nutritional status.