

**HUBUNGAN TINGKAT STRES DAN PERUBAHAN KEBIASAAN MAKAN
DENGAN KENAIKAN BERAT BADAN SELAMA PANDEMI COVID-19 PADA
MAHASISWI TINGKAT 3 JURUSAN GIZI POLTEKKES KEMENKES
SURABAYA**

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Abstrak

Pendahuluan, Pemerintah mengeluarkan peraturan yang telah ditetapkan dalam PPKM untuk meminimalisir penyebaran virus covid-19. Adanya PPKM membuat masyarakat membatasi aktivitas di luar rumah termasuk adanya peraturan kegiatan belajar mengajar melalui daring. Terjadinya perubahan sistem pembelajaran memungkinkan seseorang mengalami stress akademik dan banyak kegiatan di rumah saja akibat pandemi covid-19 memungkinkan seseorang mengalami perubahan kebiasaan makan. **Tujuan,** Menganalisis Hubungan tingkat stress dan perubahan kebiasaan makan dengan kenaikan berat badan selama Pandemi Covid-19 pada mahasiswi tingkat 3 Jurusan Gizi Poltekkes Kemenkes Surabaya. **Metode Penelitian,** Jenis penelitian Observasional menggunakan pendekatan *cross sectional*. Sampel yang diambil sebanyak 89 orang dengan teknik random sampling. Instrumen menggunakan kuisioner *ESSA* dan perubahan kebiasaan makan Penentuan kenaikan berat badan didapatkan dengan pengukuran antropometri yang meliputi pengukuran berat badan dan wawancara berat badan sebelum pandemi covid-19. Hasil dianalisis dengan uji statistik korelasi *Rank Spearman*. **Hasil,** Sebagian besar responden mengalami stress akademik pada kategori tinggi (60,4%), sebagian besar responden juga mengalami perubahan kebiasaan makan (81,2%) dan sebanyak 40 (83,3%) responden dari 48 responden mengalami kenaikan berat badan. Dilakukan uji korelasi *Rank Spearman* tingkat stress akademik dengan kenaikan berat badan didapatkan nilai korelasi ($p= 0,803$) dan perubahan kebiasaan makan dengan kenaikan berat badan didapatkan nilai ($p= 0,001$) **Kesimpulan,** Tidak terdapat hubungan tingkat stress dengan kenaikan berat badan selama pandemi covid-19 ($p= 0,803$) Terdapat hubungan perubahan kebiasaan makan dengan kenaikan berat badan selama pandemi covid-19 ($p= 0,001$).

Kata Kunci : Stres akademik, perubahan kebiasaan makan, kenaikan berat badan

**RELATIONSHIP BETWEEN STRES LEVEL AND CHANGES IN EATING
HABITS WITH WEIGHT GAINS DURING THE COVID-19 PANDEMIC IN
LEVEL 3 STUDENTS DEPARTMENT OF NUTRITION POLYTECHNIC
MINISTRY OF HEALTH SURABAYA**

Abstract

Introduction, The government has issued regulations that have been set in PPKM to minimize the spread of the COVID-19 virus. The existence of PPKM makes people limit activities outside the home, including regulations for online teaching and learning activities. The change in the learning system allows a person to experience academic stress and many activities at home due to the COVID-19 pandemic allow a person to experience changes in eating habits. **Objective,** Analyzing the relationship between stress levels and changes in eating habits with weight gain during the Covid-19 Pandemic in level 3 female students of the Department of Nutrition, Polytechnic Ministry of Health, Surabaya. **Research Methods,** This type of observational research uses a cross sectional approach. Samples were taken as many as 89 people with random sampling technique. Instruments using the ESSA questionnaire and changes in eating habits Determination of weight gain was obtained by anthropometric measurements which included weight measurements and weight interviews before the covid-19 pandemic. The results were analyzed by the Spearman Rank correlation statistical test. **Results,** Most of the respondents experienced academic stress in the high category (60.4%), most of the respondents also experienced changes in eating habits (81.2%) and as many as 40 (83.3%) of the 48 respondents experienced weight gain. The Spearman Rank correlation test was carried out with the level of academic stress with weight gain, the correlation value ($p = 0.803$) and changes in eating habits with weight gain were obtained ($p = 0.001$). **Conclusion,** There was no relationship between stress levels and weight gain during the covid-19 pandemic ($p = 0.803$). There was a relationship between changes in eating habits and weight gain during the covid-19 pandemic ($p = 0.001$).

Keywords: Academic stress, changes in eating habits, weight gain