

## **Hubungan Stres dan Motif Pemilihan Makanan dengan Kualitas Diet pada Mahasiswi**

### **Tingkat Akhir**

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### **ABSTRAK**

**Latar Belakang :** Mahasiswi tingkat akhir yang menyusun skripsi retan mengalami stres. Pada saat stres, terjadi pelepasan beberapa hormon yang akan mempengaruhi motif pemilihan makanan serta kualitas diet.

**Tujuan :** Penelitian ini bertujuan untuk menganalisis hubungan stres dan motif pemilihan makanan dengan kualitas diet pada mahasiswi tingkat akhir.

**Metode :** Desain studi *cross sectional* dengan subjek mahasiswi tingkat akhir Universitas Diponegoro berusia 21-24 tahun sebanyak 68 subjek dengan teknik *proportional stratified random sampling*. Data yang dikumpulkan meliputi data identitas dan karakteristik subjek, data stres menggunakan *Perceived Stress Scale* (PSS), data motif pemilihan makanan menggunakan *Food Choice Questionnaire* (FCQ), asupan makan menggunakan *Semi Quantitative-Food Frequency Questionnaire* (SQ-FFQ) dan *recall* 24 jam, kualitas diet menggunakan *Diet Quality Index-International* (DQI-I), data pengetahuan gizi menggunakan kuesioner pengetahuan gizi seimbang, serta data ketersediaan dan keragaman pangan menggunakan *Minimum Dietary Diversity For Women* (MDD-W). Data dianalisis dengan uji *spearman* dan uji regresi linier berganda.

**Hasil :** Terdapat 64,7% subjek mengalami tingkat stres sedang, motif pemilihan makanan subjek yang utama yaitu harga, kenyamanan, dan kesehatan, serta 72,1% subjek memiliki kualitas diet yang rendah. Ada hubungan stres ( $p=0,005$ ;  $r=-0,337$ ) dengan kualitas diet. Stres ( $p=0,010$ ), dan pengetahuan gizi ( $p=0,003$ ) merupakan faktor yang mempengaruhi kualitas diet pada mahasiswi tingkat akhir (*adjusted R*<sup>2</sup>=0,210).

**Simpulan :** Stres berhubungan dengan kualitas diet pada mahasiswi tingkat akhir. Pengetahuan gizi merupakan faktor lain yang dapat berhubungan dengan kualitas diet.

**Kata Kunci :** kualitas diet, mahasiswi tingkat akhir, motif pemilihan makanan, stres.

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## Correlation of Stress and Food Choice Motives with Diet Quality in Final Year Female College Students

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### ABSTRACT

**Background :** The final year female college students who write the thesis have a high susceptibility to experience stress. During the stress, several hormones are released that will affect food choice motives and diet quality.

**Objective :** The study aimed to analyze the correlation of stress and food choice motives with diet quality in the final year female college students.

**Methods :** Cross sectional study design with the subject of final year female college students at Diponegoro University aged 21-24 years as many as 68 subjects with proportional stratified random sampling technique. The data include identities and characteristics of the subject, the stress data was measured by Perceived Stress Scale (PSS), the food choice motives data was measured by Food Choice Questionnaire (FCQ), food intake was assessed by Semi Quantitative-Food Frequency Questionnaire (SQ-FFQ) and 24-hour recall, diet quality was measured by Diet Quality Index-International (DQI-I), nutrition knowledge assessed by balanced nutrition knowledge, and food availability and diversity was measured by Minimum Dietary Diversity For Women (MDD-W). Data were analyzed by spearman and multiple linear regression tests.

**Results :** There were 64,7% subjects indicating moderate perceived stress, the main food choice motives were price, convenience, and health, and 72,1% subjects had low diet quality. Stress ( $p=0,005$ ;  $r=-0,337$ ) was correlated with diet quality. Stress ( $p=0,010$ ) and nutrition knowledge ( $p=0,003$ ) were factors that could affect to diet quality in the final year female college students (adjusted  $R^2=0,210$ ).

**Conclusion :** Stress was correlated with diet quality in final year female college students. Nutritional knowledge was another factor that can be correlated to diet quality.

**Keywords :** diet quality, final year female college students, food choice motives, stress.

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