

HUBUNGAN ANTARA TINGKAT STRES DAN LINGKAR PINGGANG TERHADAP *CARBOHYDRATE CRAVING* PADA REMAJA SMA PEREMPUAN

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ABSTRAK

Latar Belakang : *Carbohydrate craving* adalah salah satu bentuk *emotional eating* yang ditandai dengan *snacking* sumber karbohidrat atau makanan manis di luar waktu makan utama saat sore atau malam hari. Stres dan obesitas terutama pada remaja perempuan dapat menyebabkan bentuk *emotional eating* ini.

Tujuan : Untuk mengetahui hubungan tingkat stres dan lingkaran pinggang terhadap *carbohydrate craving* pada remaja SMA perempuan.

Metode : Jenis penelitian observasional dengan desain *cross-sectional* dengan responden sebanyak 47 remaja perempuan kelas X dan XI SMA N 2 Temanggung yang dipilih acak dengan teknik *proportionate stratified random sampling*. Data tingkat stres diperoleh dari kuesioner *Educational Stress Scale for Adolescents* (ESSA) dan *Perceived Stress Scale* (PSS-10). Data lingkaran pinggang diukur menggunakan pita pengukur secara langsung. Data *carbohydrate craving* (*snacking*) diperoleh dari pengisian *estimated food record* selama 7 hari. Data dianalisis menggunakan uji asosiasi *chi-square*.

Hasil : Sebanyak 40,4% responden mengalami stres akademik berat (ESSA), 8,5% mengalami stres berat psikologis (PSS-10), 40,4% mengalami obesitas berdasarkan lingkaran pinggang, serta separuh (51,1%) dari jumlah responden mengalami *carbohydrate craving*. Hasil uji menunjukkan ada hubungan antara tingkat stres akademik terhadap *carbohydrate craving* ($p < 0,001$) namun tidak ada hubungan antara tingkat stres psikologis ($p = 0,609$) serta lingkaran pinggang ($p = 0,859$) terhadap *carbohydrate craving*. Hasil ini menunjukkan hubungan positif antara tingkat stres akademik terhadap *carbohydrate craving*, yang artinya semakin tinggi tingkat stres akademik maka semakin berisiko mengalami *carbohydrate craving*.

Kesimpulan : Tingkat stres akademik berhubungan terhadap *carbohydrate craving* pada remaja SMA perempuan berkaitan dengan upaya untuk mengatasi stres untuk meningkatkan suasana hati menjadi lebih baik. Tingkat stres psikologis dan lingkaran pinggang tidak berhubungan terhadap *carbohydrate craving*.

Kata Kunci : Remaja perempuan, tingkat stres, lingkaran pinggang, *carbohydrate craving*.

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THE ASSOCIATION BETWEEN STRESS LEVEL AND WAIST CIRCUMFERENCE TOWARD *CARBOHYDRATE CRAVING* IN FEMALE HIGH SCHOOL ADOLESCENTS

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ABSTRACT

Background: Carbohydrate craving is a type of emotional eating which is characterized by snacking carbohydrates or sweet foods outside of the main meal time in the afternoon or evening. Stress and obesity, especially in female adolescents, might cause this type of emotional eating.

Objective: To determine the association between stress level and waist circumference with carbohydrate craving in high school female adolescents.

Methods: This study was an observational cross-sectional design with 47 female adolescents on 1st and 2nd grade of Senior High School in Temanggung City as respondents who were randomly selected using a proportionate stratified random sampling technique. Stress level data were obtained from the Educational Stress Scale for Adolescents (ESSA) and Perceived Stress Scale (PSS-10) questionnaires. Waist circumference data was measured using a measuring tape directly. Data on carbohydrate craving (snacking) were obtained from estimated food records for 7 days. Data were analyzed using the chi-square association test.

Results : The results showed that 40.4% of respondents experienced severe academic stress (ESSA), 8.5% experienced severe psychological stress (PSS-10), 40.4% were obese based on waist circumference, and half (51.1%) of the respondents experienced carbohydrate cravings. The test results showed that there was a association between the level of academic stress towards carbohydrate craving ($p < 0.001$) but there was no association between the level of psychological stress ($p = 0.609$) and waist circumference ($p = 0.859$) toward carbohydrate craving. These results show a positive relationship between the level of academic stress towards carbohydrate craving, which means that the higher the level of academic stress, the riskier of experiencing carbohydrate craving.

Conclusion : The level of academic stress was associated towards carbohydrate craving in high school female adolescents related to efforts to overcome stress to improve mood. There was no association between the level of psychological stress and waist circumference toward carbohydrate craving.

Keywords : Female adolescents, stress level, waist circumference, carbohydrate craving.

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