Hubungan Indeks Massa Tubuh (IMT) dan Tingkat Stres dengan Kejadian *Food Craving* pada Perempuan Dewasa Awal

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ABSTRAK

Latar Belakang: *Food craving* adalah keinginan yang kuat untuk makan, apabila terjadi dalam jangka waktu lama dapat meningkatkan asupan makan dan berat badan. IMT dan tingkat stres dapat mempengaruhi *food craving*.

Tujuan: Menganalisis hubungan IMT dan tingkat stres dengan kejadian *food craving* pada perempuan dewasa awal.

Metode: Penelitian ini menggunakan rancangan *cross-sectional* pada 59 mahasiswi Ilmu Gizi Universitas Diponegoro. Variabel yang diteliti adalah *food craving,* IMT, tingkat stres, uang saku, aktivitas fisik, kualitas tidur, paparan media sosial, durasi penggunaan media sosial, dan pengetahuan gizi. Analisis yang digunakan merupakan uji *Rank Spearman* dan uji regresi linier berganda.

Hasil: Ada hubungan IMT (r= 0,287; p=0,02) dan tingkat stres (r= 0,351; p=0,006) dengan *food craving*. Kualitas tidur, paparan media sosial, dan durasi penggunaan media sosial juga berhubungan dengan *food craving*, sedangkan uang saku, aktivitas fisik, dan pengetahuan gizi tidak berhubungan. IMT, tingkat stres, kualitas tidur, paparan media sosial, dan durasi penggunaan media sosial mempengaruhi *food craving* sebesar 43,2%. Paparan media sosial (<0,001) yang paling berhubungan dengan *food craving*.

Simpulan: Ada hubungan IMT, tingkat stres, kualitas tidur, paparan media sosial, dan durasi penggunaan media sosial dengan kejadian food craving pada perempuan dewasa awal. Uang saku, aktivtas fisik, dan pengetahuan gizi tidak berhubungan. Variabel paparan media sosial merupakan variabel yang paling berhubungan dengan kejadian food craving.

Kata kunci: *Food craving*, IMT, tingkat stres, kualitas tidur, paparan media sosial, durasi penggunaan media sosial

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Relationship of Body Mass Index (BMI) and Stress Level to Food Cravings in Early Adult Women

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ABSTRACT

Background: Food cravings are strong desires to eat, when occurring over a long period of time can increase food intake and weight. BMI and stress levels can affect food cravings.

Objective: Analyzed the relationship between BMI and stress levels with food cravings in early adult women.

Methods: The study used a cross-sectional design on 59 nutrition scientists from Diponegoro University. The variables studied were food cravings, BMI, stress levels, pocket money, physical activity, sleep quality, social media exposure, duration of social media use, and nutritional knowledge. The analysis used was the Spearman Rank test and the double linear regression test.

Results: There was a correlation between BMI (r=0,287; p=0,02) and stress levels (r =0,351; p=0,006) with food cravings. Sleep quality, social media exposure, and duration of social media usage were also related to food cravings, while pocket money, physical activity, and nutritional knowledge were unrelated. BMI, stress levels, sleep quality, social media exposure, and duration of social media usage influenced food craving by 43,2%. Social media exposure (<0,001) was the factors most related to food cravings.

Conclusions: There was a correlation between BMI, stress levels, sleep quality social media exposure, and duration of social media with food cravings in early adult women. Pocket money, physical activity, and nutritional knowledge were not related to food cravings. Social media exposure was the factors most related to food cravings.

Keywords: Food cravings, BMI, stress levels, sleep quality, social media exposure, duration of social media use

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