

## **Perbedaan Tingkat Stres, *Emotional Eating*, dan Status Gizi Antara Mahasiswa Gizi Tingkat Awal dan Tingkat Akhir**

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### **ABSTRAK**

**Latar Belakang:** Stres merupakan suatu reaksi individu akibat adanya pemicu dari lingkungan sekitar yang mengharuskan dirinya beradaptasi. Stres dapat memicu *emotional eating*, yaitu kecenderungan untuk makan secara berlebih, yang berdampak buruk pada kesehatan karena dapat memicu risiko obesitas atau berat badan berlebih.

**Tujuan:** Menganalisis perbedaan tingkat stres, *emotional eating*, dan status gizi antara mahasiswa gizi tingkat awal dan tingkat akhir.

**Metode:** Penelitian observasional dengan pendekatan *cross-sectional* dan dianalisis secara deskriptif analitik. Mahasiswa Ilmu Gizi Universitas Diponegoro diambil menggunakan teknik *purposive sampling* sebanyak 96 orang. Tingkat stres diukur menggunakan kuesioner PSS-10 (*Perceived Stress Scale*), kejadian *emotional eating* menggunakan kuesioner EEQ (*Emotional Eating Questionnaire*), status gizi menggunakan indikator lingkaran pinggang (LiPi) dan Indeks Masa Tubuh (IMT). Analisis menggunakan Uji *Mann Whitney* dan *Independent T Test*.

**Hasil:** Tidak ada perbedaan antara tingkat stres ( $p=0,258$ ), Status Gizi menurut LiPi ( $p=0,477$ ) dan IMT ( $p=0,097$ ), dan Asupan Gizi ( $p=0,543$ ) antara kelompok mahasiswa tingkat awal dan tingkat akhir. Namun, terdapat perbedaan *Emotional Eating* ( $p=0,005$ ) yang signifikan antara kelompok mahasiswa tingkat awal dan tingkat akhir.

**Simpulan:** Tidak terdapat perbedaan tingkat stres, status gizi, dan asupan gizi yang signifikan antara kelompok mahasiswa tingkat awal dan mahasiswa tingkat akhir. Terdapat perbedaan signifikan pada perilaku *emotional eating* antara kelompok mahasiswa tingkat awal dan mahasiswa tingkat akhir.

**Kata Kunci:** Stres, Obesitas, *Emotional Eating*, Status Gizi, Mahasiswa.

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## **Differences in Stress Levels, Emotional Eating, and Nutritional Status Between First-Year and Final-Year Nutrition Students**

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### **ABSTRACT**

**Background:** Stress manifest as an individual's reaction to environmental stimuli that require adaptation. It triggers various responses, including emotional eating which is a behavior characterized by excessive food consumption that negatively impacts health by increasing the risk of obesity or overweight.

**Objective:** To determine the differences in stress levels, emotional eating, and nutritional status between first-year and final-year nutrition students.

**Methods:** Observational research with cross-sectional design and descriptive analytical analysis. Ninety-six Nutrition Science students from Diponegoro University were selected through purposive sampling method. Stress levels were measured using the PSS-10 questionnaire (Perceived Stress Scale), emotional eating behavior were assessed using the EEQ questionnaire (Emotional Eating Questionnaire), and nutritional status was evaluated using waist circumference (LiPi) and BMI. The statistical analyses included the Mann Whitney test and Independent T Test.

**Results:** There was no differences between the level of stress ( $p=0.258$ ), nutritional status according to LiPi ( $p=0.477$ ) and BMI ( $p=0.097$ ), and nutritional intake ( $p=0.543$ ) between the group of freshman and senior students. However, there was a significant difference in Emotional Eating ( $p=0.005$ ) between the first-year and final-year students.

**Conclusion:** There were no significant difference in stress levels, nutritional status, and nutritional intake between the the first-year and final-year students. However, there was a significant difference in emotional eating behavior between the the first-year and final-year students.

**Keywords:** Stress, Obesity, Emotional Eating, Nutritional Status, and student.

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