

Kualitas Diet berdasarkan Perilaku *Emotional Eating* pada Mahasiswi Universitas Diponegoro

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ABSTRAK

Latar Belakang: Mahasiswi yang mengalami stres cenderung menerapkan *emotional focused coping strategies* melalui perilaku makan atau disebut *emotional eating* yang dapat berpengaruh terhadap kualitas diet.

Tujuan: Penelitian ini bertujuan untuk menganalisis perbedaan kualitas diet berdasarkan perilaku *emotional eating* pada mahasiswi.

Metode: Penelitian observasional analitik dengan rancangan desain *cross-sectional*. Pengambilan sampel secara *consecutive sampling* sejumlah 15 sampel untuk masing-masing mahasiswi *emotional eating* (EE) dan *non-emotional eating* (NEE), sesuai hasil perhitungan menggunakan rumus analisis numerik pada dua kelompok tidak berpasangan. Pengumpulan data secara primer, meliputi tingkatan stres, perilaku *emotional eating*, dan kebiasaan asupan makan selama 1 bulan terakhir. Penilaian kualitas diet dengan instrumen *diet quality index-international* (DQI-I). Analisis data menggunakan *Statistical Package for Social Science* (SPSS) dengan uji *Shapiro-Wilk*, serta uji perbedaan dengan *Independent T-Test* dan *Mann Whitney*.

Hasil: Gambaran kualitas diet pada mahasiswi EE memiliki profil kualitas diet yang lebih rendah dibandingkan mahasiswi NEE, baik berdasarkan komponennya maupun total skor kualitas diet. Sejalan dengan terdapatnya perbedaan pada total skor keseluruhan kualitas diet dan rasio PUFA terhadap SFA antara mahasiswi EE dan NEE, ditunjukkan dengan *p-value* < 0,05.

Simpulan: Kualitas diet pada mahasiswi NEE lebih tinggi daripada EE, baik dari perbedaan nilai maupun secara gambaran profil komponennya.

Kata Kunci: Kualitas Diet, *Emotional Eating*, Mahasiswi

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Diet Quality Based on Emotional Eating Behavior Among Female Students at Diponegoro University

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ABSTRACT

Background: Female college students who experience stress tend to use emotional-focused coping strategies through eating behavior, also known as emotional eating, which can affect diet quality.

Objective: This study aims to analyze the differences in diet quality based on emotional eating behavior in female college students.

Method: This was an analytical observational study with a cross-sectional design. The samples were taken using consecutive sampling, with 15 students in each group: emotional eating (EE) and non-emotional eating (NEE), based on the calculation for two independent groups. Primary data were collected, including stress levels, emotional eating behavior, and eating habits during the past month. Diet quality was assessed using the Diet Quality Index-International (DQI-I). Data were analyzed using the Statistical Package for Social Science (SPSS) with the Shapiro-Wilk test, Independent T-Test, and Mann Whitney test.

Result: The dietary quality profile of students with emotional eating (EE) was lower than that of non-emotional eating (NEE) students, both in terms of individual components and total dietary quality score. This was in line with the differences that were observed in the overall dietary quality score and the ratio of polyunsaturated fatty acids (PUFA) to saturated fatty acids (SFA) between EE and NEE students, as indicated by a p-value <0,05.

Conclusion: The diet quality of NEE students was higher than that of EE students, both in total scores and in the overall component profile.

Keywords: Diet Quality, Emotional Eating, Female Students

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