

Hubungan Perilaku *Emotional Eating* Dengan Perubahan Berat Badan Pasca Program *Weight Loss* Pada Pekerja Dewasa Obesitas

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ABSTRAK

Latar Belakang: Obesitas merupakan masalah kesehatan global yang dapat dicegah dengan pola makan sehat dan aktivitas fisik teratur. Pekerja kantoran berisiko mengalami kegemukan karena aktivitas fisik yang rendah dan gaya hidup sedentari. Penurunan berat badan dapat dicapai secara efektif melalui diet dan olahraga, namun sering kali sulit dipertahankan akibat stres dan kebosanan yang dapat memicu perilaku *emotional eating*. *Emotional eating* merupakan perilaku pengalihan dari ketidaknyamanan emosional dengan mencari kesenangan sesaat melalui konsumsi makanan sehingga dapat meningkatkan risiko obesitas.

Tujuan : Mengetahui hubungan *emotional eating* dengan berat badan pasca program *weight loss* pada pekerja dewasa obesitas

Metode : Penelitian ini menggunakan desain *cross sectional* dengan 30 responden yang diambil secara total sampling. Pengambilan dan pengukuran data meliputi timbangan digital, kuesioner DEBQ-13 (*emotional eating*), PSS-10 (tingkat stres), SF-IPAQ (aktivitas fisik), dan SQ-FFQ (asupan makan). Analisis data menggunakan analisis univariat dan bivariat (uji korelasi Spearman Rho).

Hasil : Sebanyak 53,3% subjek mengalami *emotional eating* tinggi, 70% memiliki tingkat stres sedang, dan 80% memiliki aktivitas fisik sedang. Hasil analisis bivariat menunjukkan adanya hubungan yang signifikan antara *emotional eating* ($p < 0,001$) dan tingkat stres ($p < 0,001$) dengan penurunan berat badan.

Kesimpulan : *Emotional eating* memiliki hubungan signifikan dengan perubahan berat badan pasca program *weight loss* ($p < 0,001$).

Kata kunci : aktivitas fisik, *emotional eating*, obesitas, pekerja, stres.

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The Relationship Between Emotional Eating Behavior and Weight Changes After a Weight Loss Program in Obese Adult Workers

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ABSTRACT

Background : Obesity is a global health problem that can be prevented by a healthy diet and regular physical activity. Office workers are at risk of obesity due to low physical activity and a sedentary lifestyle. Weight loss is effectively achieved through diet and exercise, but can often be difficult to maintain due to stress and boredom that trigger emotional eating. Emotional eating is a coping mechanism for emotional discomfort, where individuals seek momentary pleasure through food consumption, thus increasing the risk of obesity.

Objective : To determine the relationship between emotional eating and body weight after the weight loss program in obese adult workers.

Methods : This study used a cross-sectional study design with 30 respondents taken using the total sampling method. Data collection and measurement included digital scales, DEBQ-13 questionnaire (emotional eating), PSS-10 (stress level), SF-IPAQ (physical activity), and SQ-FFQ (food intake). Data were analyzed using bivariate analysis (Spearman Rho correlation test) and multivariate analysis (multiple linear regression).

Results : A total of 53.3% of subjects experienced high emotional eating, 70% had moderate stress levels, and 80% had moderate physical activity. The results of the bivariate analysis showed a significant relationship between emotional eating ($p = <0,001$) and stress levels ($p = <0,001$) on weight loss. Multivariate analysis also showed that emotional eating ($p = 0,049$) and stress levels ($p = 0,042$) had an effect on weight change.

Conclusion : Emotional eating has a significant relationship with weight changes after the weight loss program ($p <0,001$).

Keywords : emotional eating, obesity, physical activity, stress, workers.

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