

Hubungan Antara Tingkat Stres Akademik dengan *Emotional Eating* pada Mahasiswi Fakultas Kedokteran Universitas Diponegoro

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ABSTRAK

Latar Belakang : Stres akademik merupakan masalah umum yang dihadapi oleh mahasiswi, terutama di Fakultas Kedokteran yang sering kali mengalami tekanan tinggi akibat tuntutan akademik yang berat. Stres ini diduga memengaruhi pola makan yang berpotensi menyebabkan perilaku *emotional eating* dimana individu cenderung ingin mengonsumsi makanan sebagai respons terhadap emosi negatif.

Tujuan : Untuk mengetahui apakah terdapat hubungan signifikan antara tingkat stres akademik dengan perilaku *emotional eating*.

Metode : Penelitian ini menggunakan pendekatan *cross-sectional* dengan melibatkan 57 mahasiswi sebagai responden. Data dikumpulkan melalui kuesioner MSSQ untuk mengukur tingkat stres akademik dan kuesioner DEBQ-13 untuk menilai perilaku *emotional eating*, dengan variabel perancu antara lain status gizi, jumlah uang saku, pengetahuan gizi, dan pengaruh teman sebaya. Data dianalisis menggunakan uji statistik bivariat fisher's exact.

Hasil : Hasil penelitian menunjukkan tidak terdapat hubungan signifikan antara tingkat stres akademik dengan perilaku *emotional eating* ($p = 0,527$) dan juga tidak ditemukan hubungan signifikan pada seluruh variabel perancu.

Simpulan : Tidak terdapat hubungan signifikan antara tingkat stres akademik dengan perilaku *emotional eating* ($p = 0,527$).

Kata Kunci : stres akademik, *emotional eating*, *coping stress*, mahasiswi.

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The Relationship Between Academic Stress Levels and Emotional Eating Among Female Medical Students at Diponegoro University

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ABSTRACT

Background : Academic stress is a common issue faced by female students, particularly in medical faculties, where they often experience high pressure due to demanding academic requirements. This stress is suspected to influence eating patterns and may lead to emotional eating, a behavior in which individuals tend to consume food in response to negative emotions.

Objective : To determine whether there is a significant relationship between the level of academic stress and emotional eating behavior.

Methods : This study employed a cross-sectional approach involving 57 female students as respondents. Data were collected using the MSSQ questionnaire to assess academic stress levels and the DEBQ-13 questionnaire to evaluate emotional eating behavior. Confounding variables included nutritional status, amount of allowance, nutritional knowledge, and peer influence. Data were analyzed using bivariate Fisher's exact.

Results : The results of the study showed that there was no significant association between the level of academic stress and emotional eating behavior ($p = 0.527$), and no significant relationships were found for any of the confounding variables.

Conclusion : There is no significant association between the level of academic stress and emotional eating behavior ($p = 0.527$).

Keywords : academic stress, emotional eating, coping stress, female students.

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