

Hubungan Tingkat Stres dan *Emotional Eating* dengan Konsumsi *Fast Food* pada Mahasiswa *International Undergraduate Program*

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ABSTRAK

Latar Belakang : Konsumsi *fast food* yang tinggi energi serta rendah gizi protein dan serat semakin meningkat di kalangan masyarakat. Stres dapat memicu terjadinya perilaku *emotional eating*. Mahasiswa tingkat akhir *International Undergraduate Program* berpotensi tinggi mengalami stres akibat tekanan akademis dan adaptasi budaya, yang dapat meningkatkan konsumsi *fast food*.

Tujuan : Mengkaji hubungan antara tingkat stres, perilaku *emotional eating* dengan konsumsi *fast food* pada mahasiswa tingkat akhir *International Undergraduate Program* Universitas Diponegoro.

Metode : Desain *cross-sectional* dengan jumlah sampel 44 responden pada Mahasiswa *International Undergraduate Program* FEB, FT, dan FISIP. Data meliputi karakteristik responden, tingkat stres diperoleh dengan kuesioner PSS, kuesioner DEBQ, kuesioner FFQ, dan status gizi diukur menggunakan timbangan digital dan microtoa. Analisis bivariat memakai Uji *Rank-Spearman*. Analisis multivariat memakai uji regresi logistik.

Hasil : Responden mengonsumsi *fast food* pada kategori sering sebesar 63,6%. Hasil analisis menunjukkan antara tingkat stres dengan konsumsi *fast food* dengan nilai signifikansi p-value $(0,036) < 0,05$ dan r $(0,318)$. Terdapat hubungan yang signifikan dengan korelasi cukup antara status gizi dengan konsumsi *fast food* dengan nilai signifikansi p-value $(0,001) < 0,05$ dan r $(0,501)$. Variabel *emotional eating* dengan konsumsi *fast food* tidak mempunyai hubungan yang signifikan secara statistik. Hasil analisis uji multivariat tidak terdapat hubungan signifikan antara tingkat stres dan *emotional eating* terhadap konsumsi *fast food*.

Simpulan : Uji bivariat menunjukkan hubungan yang signifikan serta korelasi lemah antara tingkat stres dengan konsumsi *fast food*. Uji multivariat menunjukkan tidak menunjukkan hubungan yang signifikan antara tingkat stres dan *emotional eating* terhadap konsumsi *fast food*.

Kata Kunci : Stres, *Emotional Eating*, *Fast Food*, Status Gizi

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Relationship between Stress Level and Emotional Eating with Fast Food Consumption in International Undergraduate Program Students

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ABSTRACT

Background: Consumption of fast food, which is high in energy and low in protein and fiber, is increasing among people. Stress can trigger emotional eating behavior. International Undergraduate Program final year students have a high potential to experience stress due to academic pressure and cultural adaptation, which can increase fast food consumption.

Objective: Examining the relationship between stress levels, emotional eating behavior and fast food consumption in final year students of Diponegoro University International Undergraduate Program.

Methods: Cross-sectional design with a total sample of 44 respondents in the International Undergraduate Program FEB, FT, and FISIP. Data included respondent characteristics, stress levels obtained by PSS questionnaire, DEBQ questionnaire, FFQ questionnaire, and nutritional status measured using digital scales and microtoise. Bivariate analysis used the Rank-Spearman Test. Multivariate analysis using logistic regression test.

Results: Respondents consumed fast food in the frequent category by 63.6%. The results of the analysis showed between the level of stress and fast food consumption with a significance value of p-value (0.036) <0.05 and r (0.318). There is a significant relationship with moderate correlation between nutritional status and fast food consumption with a significance value of p-value (0.001) <0.05 and r (0.501). The emotional eating variable with fast food consumption does not have a statistically significant relationship. The results of multivariate test analysis showed no significant relationship between stress levels and emotional eating on fast food consumption.

Conclusion: Bivariate test shows there is a significant relationship and weak correlation between stress level and fast food consumption. Multivariate test shows there is no significant relationship between stress level and emotional eating on fast food consumption.

Keywords : *Stress, Emotional Eating, Fast Food, Body Mass Index*

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