

Abstrak
**HUBUNGAN ANTARA PERILAKU *EMOTIONAL EATING* DENGAN
ASUPAN ENERGI PADA REMAJA DI SMA NEGERI 4 PURWOKERTO
SELAMA MASA PANDEMI COVID-19**

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Latar Belakang : Kondisi pandemi COVID-19 dapat memicu stres yang diketahui mempengaruhi pola makan. *Emotional eating* merupakan respon terhadap stres yang ditujukan dengan perilaku makan berlebih. Asupan makanan yang berkalori tinggi merupakan bentuk *coping* untuk meredakan stres. Penelitian ini bertujuan untuk mengetahui hubungan antara perilaku *emotional eating* dengan asupan energi pada remaja di SMA Negeri 4 Purwokerto selama masa pandemi COVID-19.

Metodologi : Desain penelitian ini adalah observasional analitik dengan rancang *cross sectional*. Teknik pengambilan sampel menggunakan metode *simple random sampling* didapatkan sebanyak 96 siswa. Pengumpulan data perilaku *emotional eating* menggunakan kuesioner *Eating and Appraisal due to Emotion and Stress* (EADES) dan tingkat asupan makan menggunakan *Food Recall 2x24 jam*. Analisis data menggunakan uji *Pearson*.

Hasil Penelitian : Hasil penelitian sebagian besar responden berusia 16 tahun, berjenis kelamin perempuan 69,8%, perilaku *emotional eating* 56,2%, dan tingkat asupan energi sangat kurang 44,8%. Hasil uji *Pearson* menunjukkan bahwa tidak terdapat hubungan antara perilaku *emotional eating* ($p=0,558$) dengan asupan energi.

Kesimpulan : Tidak terdapat hubungan antara perilaku *emotional eating* dengan asupan energi pada remaja di SMA Negeri 4 Purwokerto selama masa pandemi COVID-19.

Kata kunci : Perilaku Emotional Eating, Asupan Makan, Remaja, Pandemi COVID-19

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Abstract

THE RELATIONSHIP BETWEEN EMOTIONAL EATING BEHAVIOR AND ENERGY INTAKE IN ADOLESCENTS AT SMA NEGERI 4 PURWOKERTO DURING THE COVID-19 PANDEMIC

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Background: The COVID-19 pandemic can trigger stress which is known to affect eating behavior. Emotional eating is a response to stress that is addressed by overeating behavior. High-calorie food intake is a form of coping to relieve stress. This study aimed to determine the relationship between emotional eating behavior and energy intake in adolescents at SMA Negeri 4 Purwokerto during the COVID-19 pandemic.

Methodology: The design of this study was analytic observational with a cross sectional design. The sampling technique used simple random sampling method and obtained as many as 96 students. Collecting data on emotional eating behavior used the Eating and Appraisal due to Emotion and Stress (EADES) questionnaire and level of food intake used food recall 2x24 hours. The data analysis used Pearson test.

Results: The results of the study of most respondents were 16 years old, female 69.8%, emotional eating behavior 56.2%, and the level of energy intake was very low 44.8%. The results of the Pearson test showed that there was no relationship between emotional eating behavior ($p=0.558$) and energy intake.

Conclusion: There was no relationship between emotional eating behavior and energy intake in adolescents at SMA Negeri 4 Purwokerto during the COVID-19 pandemic.

Keywords: Emotional Eating Behavior, Food Intake, Adolescents, COVID-19 Pandemic

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