

ABSTRAK

HUBUNGAN ANTARA STRES DENGAN PERILAKU *EMOTIONAL EATING* PADA MAHASISWA SEMESTER SATU FAKULTAS ILMU-ILMU KESEHATAN UNIVERSITAS JENDERAL SOEDIRMAN

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Latar Belakang: Mahasiswa tingkat pertama rentan mengalami stres karena adaptasi lingkungan dan kebiasaan baru saat menjalani perkuliahan semester awal. Hal ini memunculkan koping stres yang berbeda pada setiap mahasiswa. Penelitian ini bertujuan untuk mengetahui hubungan antara stres dengan perilaku *emotional eating* pada mahasiswa semester satu FIKes Universitas Jenderal Soedirman.

Metode: Jenis penelitian yang digunakan dalam penelitian ini adalah penelitian kuantitatif dengan desain penelitian *cross sectional*. Teknik pengambilan sampel menggunakan *purposive sampling* dengan jumlah responden sebanyak 247 mahasiswa. Uji analisis pada penelitian ini menggunakan uji *Rank Spearman*.

Hasil Penelitian: Sebagian besar responden mengalami stres kategori sedang (73,7%) dan sebagian besar responden mengalami *emotional eating* kategori sedang (73,7%). Hasil Uji *Rank Spearman* antara variabel stres dan *emotional eating* didapatkan hasil *p value* = 0,000 (*p value* < 0,05).

Kesimpulan: Terdapat hubungan yang signifikan antara stres dengan perilaku *emotional eating* pada mahasiswa semester satu.

Kata kunci: *emotional eating*, mahasiswa semester satu, stres.

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ABSTRACT

RELATIONSHIP BETWEEN STRESS AND EMOTIONAL EATING BEHAVIOUR IN FIRST SEMESTER STUDENTS OF FACULTY OF HEALTH SCIENCES JENDERAL SOEDIRMAN UNIVERSITY

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Background: First year students in college are prone to experiencing stress because environmental adaptation and new habits while undergoing their first semester lectures. This raises different stress coping for each student. This study aims to determine the relationship between stress and emotional eating behavior in first semester students of Faculty of Health Sciences, Jenderal Soedirman University.

Method: The type of research used quantitative research with a cross sectional research design. The sampling technique used purposive sampling with a total of 247 students as respondents. The analysis test in this study used the Rank Spearman test.

Results: Most of the respondents experienced moderate category of stress (73.7%) and moderate category of emotional eating (73.7%). The results of the Rank Spearman test between the variables of stress and emotional eating showed p value = 0.000 (p value <0.05).

Conclusion: There was a significant relationship between stress and emotional eating in first semester students.

Keywords: emotional eating, first semester students in college, stress.

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