

Abstrak

HUBUNGAN TINGKAT STRES, PERILAKU MAKAN, DAN POLA KONSUMSI MINUMAN MANIS KEMASAN DENGAN STATUS GIZI MAHASISWA AKHIR UNIVERSITAS JENDERAL SOEDIRMAN

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Latar Belakang: Mahasiswa akhir mengalami stres karena banyaknya tuntutan akademik, salah satunya pengerjaan skripsi. Stres dapat mempengaruhi kondisi fisik mahasiswa yaitu perubahan perilaku makan. Dalam menghadapi stres, mahasiswa akhir cenderung mengonsumsi minuman manis kemasan. Dari penelitian sebelumnya, sebanyak 56,4% mahasiswa mengonsumsi minuman manis lebih dari satu kali per hari yang dapat berpengaruh terhadap status gizi. Penelitian ini bertujuan untuk mengetahui hubungan tingkat stres, perilaku makan, dan pola konsumsi minuman manis kemasan dengan status gizi mahasiswa tingkat akhir Universitas Jenderal Soedirman.

Metodologi: Desain penelitian ini menggunakan desain *cross sectional* terhadap 106 responden berusia 21-24 tahun, mahasiswa akhir angkatan 2020, pernah mengonsumsi minuman manis kemasan selama sebulan terakhir, tidak sedang sakit gerd, diare, tipes, dan tidak memiliki riwayat diabetes melitus. menggunakan teknik *snowball*. Instrumen yang digunakan yaitu *Perceived Stress Scale* (SPSS-10) untuk tingkat stres, *Dutch Eating Behaviour Questionnaire* (DEBQ) untuk perilaku makan, dan *Semi-Quantitative Food Frequency Questionnaire* (SQ-FFQ) untuk konsumsi minuman manis kemasan. Analisis data menggunakan Uji *Rank Spearman*.

Hasil Penelitian: Sebagian mahasiswa memiliki status gizi normal (66%), mengalami stres sedang (82,1%), memiliki perilaku makan cukup (75,5%), dan asupan gula lebih (55,7%). Tidak terdapat hubungan antara tingkat stres ($p=0,355$), perilaku makan ($p=0,0135$) terhadap status gizi. Terdapat hubungan antara pola konsumsi minuman manis kemasan dengan status gizi mahasiswa tingkat akhir (frekuensi ($p=0,039$)) dan (asupan ($p=0,001$)).

Kesimpulan: Tidak terdapat hubungan antara tingkat stres dan perilaku makan dengan status gizi mahasiswa tingkat akhir namun terdapat hubungan antara pola konsumsi minuman manis kemasan dengan status gizi pada mahasiswa tingkat akhir Universitas Jenderal Soedirman.

Kata Kunci: konsumsi minuman manis kemasan, perilaku makan, status gizi, tingkat stres.

Abstract

THE RELATIONSHIP OF STRESS LEVELS, EATING BEHAVIOR, AND CONSUMPTION PATTERNS OF PACKAGED SWEET DRINKS WITH THE NUTRITIONAL STATUS OF FINAL STUDENTS OF JENDERAL SOEDIRMAN UNIVERSITY

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Introduction: Final students experience stress due to the many academic demands, one of which is writing their thesis. Stress can affect students' physical condition, namely changes in eating behavior. When facing stress, final students tend to consume sugar-sweetened beverages. From previous research, as many as 56.4% of students consumed sweet drinks more than once per day which could affect nutritional status. This study aims to determine the relationship between stress levels, eating behavior and consumption patterns of sugar-sweetened beverages with the nutritional status of final year students at Jenderal Soedirman University.

Method: This research design used a cross sectional design with 106 respondents aged 21-24 years, students at the end of the class of 2020, who had consumed sugar-sweetened beverages in the last month, were not sick with GERD, diarrhea, typhoid, and had no history of diabetes mellitus. using the snowball technique. The instruments used were the Perceived Stress Scale (SPSS-10) for stress levels, the Dutch Eating Behavior Questionnaire (DEBQ) for eating behavior, and the Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ) for consumption of sugar-sweetened beverages. Data analysis used the Spearman Rank Test.

Results: The respondents comprised 68.9% women and 31.1% men. Most participants had a normal nutritional status (66%), experienced moderate stress (82.1%), had moderate eating behavior (75.5%), and had higher sugar intake (55.7%). There was no significant relationship between stress levels ($p=0.355$), eating behavior ($p=0.135$), and nutritional status. However, there was a significant relationship between the consumption patterns of sugar-sweetened beverages and the nutritional status of final-year students (frequency ($p= 0.039$)) and (intake ($p=0.001$)).

Conclusion: Stress levels and eating behaviors were not significantly related to the nutritional status of final-year students at Jenderal Soedirman University. In contrast, there was a significant relationship between the consumption patterns of sugar-sweetened beverages and the nutritional status of final-year students at Jenderal Soedirman University.

Keywords: consumption of sugar-sweetened beverages, eating behavior, nutritional status, stress levels.