

## ABSTRAK

### HUBUNGAN ANTARA TINGKAT STRES DAN *FOOD CRAVING* DENGAN RISIKO GANGGUAN MAKAN PADA REMAJA PUTRI DI SMA IT AL-IRSYAD AL-ISLAMIYYAH PURWOKERTO

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**Latar Belakang :** Di Indonesia prevalensi gangguan makan pada remaja putri mencapai 52,7%. Risiko gangguan makan dapat dipengaruhi oleh beberapa faktor seperti tingkat stres dan *food craving*. Remaja putri merupakan kelompok yang rentan mengalami stres dan gangguan makan akibat tekanan psikologis, beban akademik, serta tuntutan lingkungan. SMA IT Al-Irsyad Al-Islamiyyah Purwokerto menerapkan sistem *full day school* dengan durasi pembelajaran yang panjang dan aktivitas yang padat, sehingga berpotensi menimbulkan stres dan memengaruhi pola makan siswi. Berdasarkan hal tersebut, penelitian ini bertujuan untuk mengetahui hubungan antara tingkat stres dan *food craving* dengan risiko gangguan makan pada remaja putri.

**Metodologi :** Desain penelitian ini adalah *cross sectional* terhadap 76 siswi yang berusia 15-17 tahun dengan pengambilan data melalui teknik *propotional sampling*. Penelitian ini menggunakan kuisioner *Eating Attitude Test* (EAT-26) untuk risiko gangguan makan, *Perceived Stress Scale* (PSS-10) untuk tingkat stress, dan *Food Craving Questionnaire Trait Reduced Trait* (FCQ-Tr) untuk *food craving*. Analisis data menggunakan uji *Chi-Square*.

**Hasil Penelitian :** Sebanyak 53,9% mengalami stres dengan kategori sedang. Sebanyak 46,1% mengalami *food craving* dalam kategori sedang. Sebanyak 61,8% remaja tidak mengalami gangguan makan. Terdapat hubungan yang signifikan antara tingkat stres dengan risiko gangguan makan ( $p=0,000$ ) Terdapat hubungan yang signifikan antara *food craving* dengan risiko gangguan makan ( $p=0,000$ ).

**Kesimpulan :** Terdapat hubungan antara tingkat stres dan *food craving* dengan risiko gangguan makan.

**Kata Kunci :** risiko gangguan makan, remaja, tingkat stres, *food craving*

## ABSTRACT

### THE RELATIONSHIP BETWEEN STRESS LEVELS AND FOOD CRAVING WITH THE RISK OF EATING DISORDERS AMONG FEMALE ADOLESCENTS AT SMA IT AL- IRSYAD AL-ISLAMIYYAH PURWOKERTO

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**Background :** In Indonesia, the prevalence of eating disorders among adolescent girls reaches 52.7%. The risk of eating disorders can be influenced by several factors such as stress levels and food cravings. Adolescent girls are a group vulnerable to experiencing stress and eating disorders due to psychological pressure, academic burdens, and environmental demands. SMA IT Al-Irsyad Al-Islamiyyah Purwokerto implements a full day school system with long learning durations and dense activities, which has the potential to cause stress and affect the eating patterns of female students. Based on this, this study aims to determine the relationship between stress levels and food craving with the risk of eating disorders in adolescent girls.

**Methods :** This study employed a cross-sectional design involving 76 female students aged 15–17 years, selected data through proportional sampling. The instruments used were the Eating Attitude Test (EAT-26) to assess the risk of eating disorders, the Perceived Stress Scale (PSS-10) to measure stress levels, and the Food Craving Questionnaire Trait Reduced (FCQ-Tr) to evaluate food craving. Data were analyzed using the Chi-Square test.

**Results :** A total of 53.9% of respondents experienced moderate levels of stress, while 46.1% reported moderate levels of food craving. Additionally, 61.8% of adolescents were not identified as experiencing eating disorders. A significant relationship was found between stress levels and the risk of eating disorders ( $p = 0.000$ ). Similarly, a significant relationship was observed between food craving and the risk of eating disorders ( $p = 0.000$ ).

**Conclusion :** There is a significant relationship between stress levels and food craving with the risk of eating disorders among adolescent girls.

**Keyword :** eating disorder risk, adolescents, stress level, food craving