

ABSTRAK

Maria Gabrielle Vanessa (01071190182)

HUBUNGAN *NIGHT EATING SYNDROME* DENGAN *SELFESTEEM* PADA MAHASISWA PRAKLINIK FAKULTAS KEDOKTERAN UNIVERSITAS PELITA HARAPAN

(xvii + 45 halaman: 1 gambar, 3 bagan, 5 tabel, 5 lampiran)

Latar Belakang : Stres kronik yang sering dialami oleh mahasiswa kedokteran dapat mengganggu ritme sirkadian sehingga memperburuk kualitas tidur dan bisa mengarah kepada gangguan makan yang disebut sebagai *night eating syndrome* (NES). Penelitian sebelumnya menemukan bahwa 9,52% mahasiswa memenuhi kriteria diagnostik NES. Pasien-pasien NES dengan peningkatan berat badan rentan merasa khawatir terhadap berat maupun bentuk tubuh mereka. Seiring berjalannya waktu, hal ini bisa menyebabkan penurunan *self-esteem*. Penelitian sebelumnya menemukan adanya korelasi antara *self-esteem* yang rendah dengan terjadinya NES. Akan tetapi, tidak tertulis bahwa subjek penelitian tersebut merupakan mahasiswa. Penelitian pada mahasiswa FK UPH menunjukkan adanya hubungan yang signifikan antara tingkat stres dengan gangguan makan. Akan tetapi belum ada studi yang meneliti dampak stres terhadap timbulnya NES dan *self-esteem* pada populasi tersebut. Hal ini yang menjadi pertimbangan mengapa penelitian ini dilakukan.

Tujuan Penelitian : Untuk melihat apakah ada hubungan antara *night eating syndrome syndrome* (NES) menggunakan kuesioner *Night Eating Questionnaire* (NEQ) dengan *self-esteem* menggunakan kuesioner *Rosenberg Self-esteem Scale* (RSES) pada mahasiswa praklinik Fakultas Kedokteran Universitas Pelita Harapan (FK UPH).

Hipotesis : Terdapat hubungan antara NES dengan *self-esteem* pada mahasiswa praklinik FK UPH.

Metode Penelitian : Penelitian ini menggunakan metode *cross-sectional* terhadap 89 responden mahasiswa praklinik Fakultas Kedokteran Universitas Pelita Harapan yang memenuhi kriteria inklusi. Responden akan dipilih dengan menggunakan teknik *purposive sampling*. Data diperoleh dari pengerjaan *night eating questionnaire* (NEQ) dan *Rosenberg self-esteem scale* (RSES) dan akan diuji secara statistik menggunakan metode *Chi square* atau uji *Fisher Exact*.

Hasil : Total jumlah mahasiswa dan mahasiswi kedokteran yang masuk ke dalam penelitian ini adalah 108 orang. Mayoritas berjenis kelamin perempuan (66,7%), dalam rentang usia 20-24 tahun (53,7%), dan merupakan mahasiswa kedokteran tahun ketiga (57,4%) dengan IMT normal. Ditemukan hanya 11 orang yang memiliki NES dan 6 orang (54,5%) di antaranya memiliki *self-esteem* normal. Analisis *Chi square* menunjukkan bahwa tidak ada hubungan yang signifikan antara NES dengan *self-esteem* ($P\text{ value} = 0,242$).

Kesimpulan : Tidak ada hubungan yang signifikan antara NES dengan *self-esteem*.

Kata Kunci : *night eating syndrome*, *self-esteem*, mahasiswa kedokteran

Referensi : 40

ABSTRACT

Maria Gabrielle Vanessa (01071190182)

CORRELATION BETWEEN NIGHT EATING SYNDROME AND SELFESTEEM IN PRECLINICAL MEDICAL STUDENTS OF PELITA HARAPAN UNIVERSITY

(xvii + 45 pages: 1 picture, 3 charts, 5 tables, 5 attachments)

Background : *Chronic stress that is often experienced by medical students can disrupt circadian rhythms, thus worsening sleep quality and can lead to an eating disorder known as night eating syndrome (NES). A previous study found that 9.52% of students met the diagnostic criteria for NES. NES patients with weight gain are prone to worrying about their weight and body shape. Over time, this can lead to a decrease in self-esteem. Previous research found a correlation between low self-esteem and the occurrence of NES. However, it is not stated that the subjects of the research were students. Research on UPH's medical students showed a significant relationship between stress levels and eating disorders. However, no study has investigated the impact of stress on the incidence of NES and self-esteem in this population. This is the reason why this research was conducted.*

Objective : *To find out whether there is a significant relationship between night eating syndrome and self-esteem in preclinical students of the Faculty of Medicine, Pelita Harapan University.*

Hypothesis : *Lower self-esteem will lead to night eating syndrome (NES).*

Methods : *This study utilizes a cross-sectional method towards 89 respondents of preclinical students at the Faculty of Medicine, Pelita Harapan University, that fulfills the inclusion criteria. Respondents will be chosen using the purposive sampling technique. Data obtained from the night eating questionnaire*

(NEQ) and Rosenberg self-esteem scale (RSES) will be tested statistically using the Chi square method or Fisher's Exact test.

Results : *The total number of medical students who were enrolled to this study was 108 people. Majority of them were female (66.7%), within the age range of 20-24 years (53.7%), were third-year medical students (57.4%) with a normal BMI. It was found that only 11 people had NES and six of them had normal self-esteem. Chi square analysis showed that there was no significant correlation between NES and self-esteem (P value= 0,242).*

Conclusions : *No significant correlation was found between NES and self-esteem. Majority of medical students with NES have normal self-esteem.*

Keywords : *night eating syndrome, self-esteem, medical students*

Reference : 40