

ABSTRAK

Angel (00000005599)

Korelasi Antara Stres Sedang-Berat dengan Perilaku Makan Emosional pada Mahasiswa Fakultas Kedokteran

(x+40 halaman : 2 gambar ; 6 tabel ; 3 lampiran)

Bedasarkan *Labour Force Survey* (LFS) yang dilaksanakan di Eropa, dalam 100.000 orang terdapat 1510 orang yang memiliki stres, depresi atau ansietas yang tinggi. Menurut Bloomberg tahun 2013, Indonesia menempati urutan ke 25 dari 74 negara dengan tingkat stres yang tinggi. Stres mengakibatkan banyak perubahan fisiologis dari organ-organ di dalam tubuh, antara lain pada sistem pencernaan, termasuk gangguan makan seperti Anoreksia, *Bullimia Nervosa* dan perilaku makan emosional. Walaupun telah dilaporkan bahwa terdapat hubungan antara stres dengan perilaku makan emosional pada mahasiswa, namun belum banyak diteliti korelasi antara stres yang dialami selama 1 bulan terakhir dengan perilaku makan yang emosional. Penelitian ini bertujuan untuk mengetahui korelasi antara stres yang dialami selama 1 bulan dengan pola makan emosional. Penelitian studi korelatif menggunakan teknik *simple random sampling* yang dilakukan pada 80 orang mahasiswa Fakultas Kedokteran yang telah dinilai mengalami stres menggunakan kuesioner PSS (*Perceived Stress Scale*) selama 1 bulan. Responden yang telah memenuhi kriteria kuesioner PSS kemudian dinilai perilaku makan emosional menggunakan kuesioner *Emotional Eating Assessment*. Data yang ditabulasi menggunakan Microsoft Excel 2013 dianalisa kecermatan dan kebermaknaan korelasinya menggunakan SPSS *Statistic 25* (*Statistical Package for the Social Science*). Dari hasil analisa 80 orang mahasiswa Fakultas didapatkan kecermatan korelasi $R = 0.546$ antara stres dengan perilaku makan emosional dengan kebermaknaan sebesar 95% ($p < 0,05$). Persamaan regresi yang didapat adalah $y=1,7857x-6.4286$. Terdapat korelasi positif sedang ($R= 0,546$) antara stres yang dialami selama 1 bulan dengan perilaku makan emosional.

Referensi : 30 (1989-2018)

Kata Kunci : Stres, Peningkatan perilaku makan emosional, Korelasi

ABSTRACT

Angel (00000005599)

Correlation Between Stress and Emotional Eating Behavior in Medical Students

(x+40 pages ; 2 pictures ; 6 tables ; 3 attachments)

Based on the Labor Force Survey (LFS) carried out in Europe, in 100,000 people there are 1510 people who have high stress, depression or anxiety. According to Bloomberg in 2013, Indonesia ranked 25th out of 74 countries with high stress levels. Stress causes many physiological changes from organs in the body, including the digestive system, including eating disorders such as Anorexia, Bullimia Nervosa and emotional eating behavior. Although it has been reported that there is a relationship between stress and emotional eating behavior in students, correlation has not been studied much between the stress experienced during the past 1 month with emotional eating behavior. This study aims to determine the correlation between stress and emotional eating patterns. A correlative study used a simple random sampling technique conducted on 80 medical faculty students who had been assessed as having stress using the PSS (Perceived Stress Scale) questionnaire for 1 month. Respondents who had fulfilled the PSS questionnaire criteria were then assessed for emotional eating behavior using an Emotional Eating Assessment questionnaire. The data tabulated using Microsoft Excel 2013 analyzed the closeness and meaningful correlation using SPSS Statistic 25 (Statistical Package for the Social Science). From the analysis of 80 Faculty students, the correlation found $R = 0.546$ between stress and emotional eating behavior with 95% significance ($p < 0.05$). The regression equation obtained is $y = 1.7857x - 6.4286$. There is a moderate positive correlation ($R = 0.546$) between stress and emotional eating behavior.

References : 30 (1989-2018)

Keywords: *Stress, Increased emotional eating behavior, Correlation*