

ABSTRAK

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HUBUNGAN ANTARA PRESEPSI STRES AKADEMIK DAN *EMOTIONAL EATING* PADA MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS PELITA HARAPAN

(XII + 44 Halaman: 9 tabel, 3 bagan, 5 lampiran)

Latar Belakang: Stres akademik merupakan salah satu isu kesehatan yang berdampak signifikan pada performa akademik, terutama di kalangan mahasiswa kedokteran. Berbagai penelitian menunjukkan bahwa mahasiswa kedokteran mengalami tingkat stres lebih tinggi dibandingkan mahasiswa program studi non-medis. Dinamika akademik mahasiswa kedokteran dengan faktor seperti jadwal kuliah yang padat, banyaknya kegiatan kampus, dan tuntutan akademik yang tinggi. Salah satu isu dari stres ini adalah perubahan pola makan, termasuk *emotional eating*, yaitu kebiasaan makan berlebihan sebagai respons terhadap emosi negatif.

Tujuan Penelitian: Penelitian dilakukan untuk mengetahui hubungan antara persepsi stres akademik dan *emotional eating* pada mahasiswa fakultas kedokteran Universitas Pelita Harapan (UPH).

Metode: Penelitian ini menggunakan desain studi cross sectional dengan metode studi analitik komparatif kategorik tidak berpasangan dengan besar sampel 135 mahasiswa Fakultas Kedokteran Universitas Pelita Harapan yang dilakukan dengan *non random sampling*. Data penelitian didapatkan dari form yang berisi kuesioner yang akan dianalisis menggunakan metode uji statistik *Chi-Square*.

Hasil Penelitian: Melalui penelitian ini sebanyak 49 mahasiswa Fakultas Kedokteran Universitas Pelita Harapan (36,3%) mengalami stres akademik dan 47 mahasiswa Fakultas Kedokteran Universitas Pelita Harapan (34,8%) mengalami *emotional eating*. Pada analisis *Chi-Square* ditemukan hubungan signifikan antara persepsi stres akademik dan *emotional eating* pada mahasiswa Fakultas Kedokteran Universitas Pelita Harapan dengan p value 0,001 (<0,05) (OR=8,910,95% CI=3,963 – 20,030; p-value 0,001)

Kesimpulan: Terdapat hubungan signifikan antara stres akademik dan *emotional eating* pada mahasiswa Fakultas Kedokteran Universitas Pelita Harapan.

Kata Kunci: Stres akademik, Emotional Eating, Mahasiswa Fakultas Kedokteran

ABSTRACT

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THE RELATIONSHIP BETWEEN ACADEMIC STRESS PERCEPTION AND EMOTIONAL EATING AMONG MEDICAL STUDENT AT PELITA HARAPAN UNIVERSITY

(XII + 44 pages: 9 table, 3 schematic, 5 attachment)

Background: Academic stress is a significant health issue that impacts academic performance, especially among medical students. Research shows that medical students experience higher levels of stress compared to students in non-medical programs. The demanding academic environment faced by medical students, including a tight schedule, numerous campus activities, and heavy academic workloads, contributes to this stress. One common issue associated with academic stress is changes in eating behavior, including emotional eating—the tendency to overeat in response to negative emotions.

Aim: This study aims to determine the relationship between academic stress perception and emotional eating among medical students at Universitas Pelita Harapan (UPH).

Tools and Methods: This study employs a cross-sectional design with a comparative analytical method for unpaired categorical data, involving a sample of 135 medical students at Universitas Pelita Harapan (UPH) selected through non random sampling. Data were collected using a questionnaire form and analyzed using the Chi-Square statistical test.

Result and Discussion: This study found that 49 medical students at Universitas Pelita Harapan (UPH) (36.3%) experienced academic stress, and 47 students (34.8%) engaged in emotional eating. Chi-Square analysis revealed a significant relationship between academic stress perception and emotional eating, with a p-value of 0.001 (<0.05) (OR = 8.910, 95% CI = 3.963–20.030; p-value = 0.001).

Conclusion: There is a significant relationship between academic stress and emotional eating among medical students at Universitas Pelita Harapan (UPH).

Keywords: Academic Stress, Emotional Eating, Medical Students.