

## ABSTRAK

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### HUBUNGAN ANTARA TINGKAT KECEMASAN DENGAN SINDROM MAKAN MALAM PADA SISWA SISWI SMA DI SERPONG

**Latar Belakang :** Hubungan antara tingkat kecemasan dengan sindrom makan malam masih belum banyak diteliti oleh peneliti. Padahal kebiasaan makan di malam hari sendiri sering kali dipelopori oleh tingkat kecemasan yang tinggi. Karena terdapat kontradiksi dari penelitian-penelitian tersebut membuat penulis merasa penting untuk dilakukannya penelitian lebih lanjut menangani hubungan tingkat kecemasan dan sindrom makan malam pada siswa siswi SMA di Serpong.

**Tujuan Penelitian :** Mengetahui hubungan antara Tingkat Kecemasan dengan sindrom makan malam pada siswa siswi SMA di Serpong.

**Metode Penelitian :**Peneliti menggunakan metode *cross-sectional* (potong lintang) dan diambil subjek sebanyak 69 responden. Dimana nantinya responden akan diberikan 2 macam kuesioner yaitu DASS-42 dan *NEDQ*. Untuk responden yang terinklusi akan saya masukan data dalam uji statistik. Menggunakan metode *chi-square*.

**Hasil :** Dari total responden sebanyak 69 responden, ditemukan 11 responden (35,5%) mengalami kecemasan parah sampai sangat parah dan juga sindrom makan malam. Ada juga 20 responden (64,5%) yang tidak mengalami kecemasan sampai kecemasan sedang dan memiliki sindrom makan malam. Sebanyak 12 responden (31,6%) yang mengalami kecemasan parah sampai sangat parah tanpa adanya sindrom makan malam. Dan juga didapat sebanyak 26 responden (68,4%) yang tidak mengalami kecemasan sampai kecemasan sedang, namun tidak memiliki sindrom makan malam. Ditemukan OR 1,192 (95% CI 0,436-3,254) dan p-value 0,465

**Kesimpulan :** Terdapat hubungan yang tidak signifikan antara tingkat kecemasan dengan sindrom makan malam pada siswa siswi SMA di Serpong.

**Kata Kunci :** tingkat kecemasan, sindrom makan malam, *night eating disorder*, *Night Eating Disorder Questionnaire*, DASS-42.

## ABSTRACT

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### ***THE RELATIONSHIP BETWEEN ANXIETY LEVELS AND NIGHT EATING SYNDROME IN HIGH SCHOOL STUDENTS IN SERPONG***

**Background** : *The relationship between anxiety levels and night eating syndrome has not been widely studied by researchers. In fact, the habit of eating at night is often spearheaded by high levels of anxiety. Because there are contradictions in these studies, the author feels it is important to carry out further research on the relationship between anxiety levels and night eating syndrome in female high school students in Serpong.*

**Research Objective** : *To determine the relationship between anxiety level and night eating syndrome in female high school students in Serpong.*

**Research Method** : *Researchers used a cross-sectional method and took 69 respondents as subjects. Where later respondents will be given 2 types of questionnaires, namely DASS-42 and NEDQ. For included respondents, I will input the data into statistical tests. Using the chi-square method.*

**Results** : *From the total respondents of 69 respondents, it was found that 11 respondents (35.5%) experienced severe to very severe anxiety and also night eating syndrome. There were also 20 respondents (64.5%) who experienced no anxiety to moderate anxiety and had night eating syndrome. A total of 12 respondents (31.6%) experienced severe to very severe anxiety without night-eating syndrome. And there were also 26 respondents (68.4%) who did not experience anxiety or moderate anxiety but did not have night eating syndrome. OR 1.192 (95% CI 0.436-3.254) and p-value is 0.456.*

**Conclusion** : *There is no relationship between anxiety levels and night eating syndrome in high school students in Serpong.*

**Keywords** : *Anxiety Level, Night Eating Syndrome, Night Eating Disorder, Night Eating Disorder Questionnaire, DASS-42.*