

# Pengaruh perilaku makan restrained, external, dan emotional eating terhadap peningkatan berat badan pada mahasiswi S1 reguler FKM UI tahun 2016 = Effects of eating styles restrained external and emotional eating to weight gain in regular undergraduate female students Faculty of Public Health UI 2016

Nindhita Priscillia Muharrani, author

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## Abstrak

### <b>ABSTRAK</b><br>

Peningkatan berat badan terus-menerus dapat meningkatkan risiko penyakit jantung koroner. Penelitian ini menggunakan desain studi prospective cohort selama enam minggu yang bertujuan untuk mengetahui pengaruh perilaku makan restrained eating, external eating, dan emotional eating terhadap peningkatan berat badan dengan mengontrol asupan energi, aktivitas fisik, dan sosial ekonomi. Penelitian melibatkan 40 responden yang merupakan mahasiswi S1 Reguler FKM UI Depok. Umumnya terdapat peningkatan berat badan yang bermakna sebesar 0,32 kg. Selama pemantauan, terdapat 25% responden mengalami perubahan perilaku makan, dan sisanya konsisten. Dari ketiga perilaku makan, hanya external eating yang berpengaruh bermakna terhadap peningkatan berat badan sebelum dan setelah dikontrol dengan asupan energi ( $p < 0,05$ ). Aktivitas fisik dan status sosial ekonomi tidak berhasil ditemukan sebagai confounding. External eating ditemukan paling berpengaruh terhadap peningkatan berat badan daripada emotional eating dan restrained eating. Penelitian ini juga menemukan bahwa proporsi restrained eating lebih tinggi pada status gizi normal daripada overweight, emotional eating lebih tinggi pada underweight daripada overweight, dan external eating lebih tinggi pada status gizi normal dan underweight daripada overweight dan obesitas.

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The continuous weight gain increases the risk of coronary heart disease. This research is a six-week prospective cohort study which is aimed to identify the effect of eating styles restrained eating, external eating, and emotional eating to weight gain with controlling energy intake, physical activity, and social economy status. A total of 40 female students were assessed at three points in this study during the whole six weeks. There is a significant weight gain in female students averaged 0,32 kg. Twenty five percent of respondents experienced changes in eating style while the rest of them are consistent with one eating style. Out of all eating styles, the significant effect to weight gain is only found in external eating before and after being controlled by energy intake ( $p < 0,05$ ). Physical activity and social economy status could not be found as confounders in this study. This indicates that external eating, rather than emotional eating and restrained eating, drives weight gain in female college students. This study also found that the proportion of restrained eating is higher in normal weight than overweight, emotional eating is higher in underweight than overweight, and external eating is higher in normal and underweight than overweight and obesity