

# Regulasi emosi sebagai moderator pada hubungan antara emotional eating dan perilaku sehat di dewasa muda dengan kelebihan berat badan/obesitas selama pandemi = Emotion regulation as a moderator the relationship between emotional eating and health behavior in young adults with overweight/obesity during pandemic

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## Abstrak

Mengonsumsi makanan berlebihan sebagai respon emosi negatif yang dapat merugikan kesehatan individu dan mengarah pada kematian. Di masa pandemi muncul suatu trend menerapkan perilaku sehat yang marak diteliti. Penelitian ini bertujuan untuk melihat apakah benar terdapat efek moderasi yang signifikan dari regulasi emosi pada hubungan emotional eating dan perilaku sehat (aktivitas fisik dan konsumsi makanan sehat) di masa pandemi. Desain penelitian yang digunakan adalah non-eksperimental dan cross-sectional. Partisipan penelitian ini merupakan 129 dewasa muda Indonesia berusia 18-25 tahun (64,3% perempuan; Usia = 21,50, SD = 1,37) yang memiliki tingkat BMI minimal 25 kg/m<sup>2</sup>. Emotional eating diukur menggunakan Emotional Eating â Revised (EES-R), regulasi emosi diukur menggunakan Difficulties in Emotion Regulation â Short Form (DERS-SF), dan perilaku sehat diukur menggunakan Skala Perilaku Sehat. Melalui analisis moderator menggunakan Hayes PROCESS ditemukan bahwa tidak adanya peran moderator dari regulasi emosi pada hubungan emotional eating dan perilaku sehat ( $b = 0,002$ ,  $t(129) = 1,158$ ,  $p > 0,001$ ). Artinya, pada tiap tingkat regulasi emosi, tidak terdapat perubahan kekuatan hubungan antara emotional eating dan perilaku sehat yang signifikan. Melalui analisis korelasi Pearson ditemukan emotional eating memiliki korelasi positif dan tidak signifikan dengan perilaku sehat ( $r(129) = 0,10$ ,  $p > 0,01$ ); emotional eating memiliki hubungan positif secara signifikan dengan regulasi emosi ( $r(129) = 0,23$ ,  $p < 0,01$ ) artinya individu dengan skor tinggi pada regulasi emosi cenderung memiliki tingkat emotional eating yang tinggi pula. Terakhir, regulasi emosi memiliki korelasi positif dan tidak signifikan dengan perilaku sehat ( $r(129) = 0,03$ ,  $p > 0,01$ ).

<hr><i>Consuming excessive food as a negative emotional response which can be detrimental to individual health and lead to death. During a pandemic, there is a trend to applying healthy behaviors and widely studied. This research aims is to determine whether there is a significant moderating effect of emotional regulation on the relationship between emotional eating and healthy behavior (physical activity and consumption of healthy foods) during pandemic. The research design used was non-experimental and cross-sectional. Participant in this study were 129 Indonesian young adult aged 18-25 years (64.3% women; Mage = 21.50, SD = 1.37) who had a BMI level at least 25 kg/m<sup>2</sup>. Emotional eating was measured using Emotional Eating â Revised (EES-R), emotional regulation was measured using Difficulties in Emotion Regulation â Short Form (DERS-SF), and healthy behavior was measured by using Skala Perilaku Sehat. Through a moderator analysis using Hayes PROCESS, it was found that there was no moderating role for emotional regulation on the relationship between emotional eating and healthy behavior ( $b = .002$ ,  $t(129) = 1.158$ ,  $p > .001$ ). This means that at each level of emotional regulation, there is no significant change in the strength of the relationship between emotional eating and healthy behavior. Through Pearson correlation analysis, it was found that emotional eating has a positive and not significant correlation with healthy

behavior ( $r(129) = .10, p > .01$ ); emotional eating has a significant positive relationship with emotional regulation ( $r(129) = 0.23, p < .01$ ) meaning that individuals with high scores on emotional regulation tend to have high levels of emotional eating as well. Finally, emotion regulation has a positive and not significant correlation with healthy behavior ( $r(129) = 0.03, p > .01$ ).