

Faktor-Faktor yang Berhubungan dengan Emotional Eating pada Mahasiswa Universitas Indonesia Angkatan 2022 = Factors Associated with Emotional Eating in University of Indonesia Students Batch 2022

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Abstrak

Emotional eating merupakan kecenderungan mengkonsumsi makanan secara berlebihan sebagai respon terhadap emosi negatif. Emotional eating dapat menyebabkan obesitas, eating disorder, diabetes melitus, dan penyakit kardiovaskular. Penelitian ini bertujuan untuk melihat hubungan antara stres, jenis kelamin, premenstrual syndrome (PMS), aktivitas fisik, citra tubuh, harga diri, kualitas tidur, penggunaan media sosial, tempat tinggal, dan culture shock dengan perilaku emotional eating pada mahasiswa UI angkatan 2022. Penelitian ini menggunakan pendekatan kuantitatif dengan desain cross-sectional. Pengambilan data dilakukan pada bulan Juni 2023 melalui kuesioner online, dengan teknik purposive sampling. Analisis data dilakukan menggunakan chi-square dan uji t-independent. Hasil dari penelitian ini menunjukkan sebanyak 19% responden mengalami emotional eating. Terdapat hubungan yang signifikan antara emotional eating dengan stres ($p\text{-value} = 0,003$), dan terdapat perbedaan rata-rata skor citra tubuh yang signifikan pada kelompok dengan dan tanpa emotional eating ($p\text{-value} = 0,005$). Pada penelitian ini, terdapat 7 variabel yang berhubungan signifikan dan 3 variabel yang tidak berhubungan signifikan dengan perilaku emotional eating. Harapannya mahasiswa UI maupun kelompok usia dewasa muda mampu memperhatikan jenis stressor yang dialami dan mencari coping stres yang sesuai dengan karakteristik masing-masing individu.

.....Emotional eating is the tendency to overeat in response to negative emotions. Emotional eating can lead to obesity, eating disorders, diabetes mellitus, and cardiovascular disease. This study aims to look at the relationship between stress, gender, premenstrual syndrome (PMS), physical activity, body image, self-esteem, sleep quality, social media use, residence, and culture shock with emotional eating behavior in UI student batch 2022. This study uses a quantitative approach with a cross-sectional design. Data collection was carried out in June 2023 through an online questionnaire, with purposive sampling technique. Data analysis was performed using chi-square and independent t-test. The results of this study showed that 19% of respondents experienced emotional eating. There is a significant relationship between emotional eating and stress ($p\text{-value} = 0.003$), and there is a significant difference in average body image scores in groups with and without emotional eating ($p\text{-value} = 0.005$). In this study, there are 7 variables that are significantly related and 3 variables that are not significantly related to emotional eating behavior. It is hoped that UI students and young adults will be able to pay attention to the types of stressors experienced and find stress coping that suits the characteristics of each individual.