

HUBUNGAN TINGKAT STRES, EMOTIONAL EATING, AKTIVITAS FISIK, DAN PERSEN LEMAK TUBUH DENGAN STATUS GIZI PEGAWAI UPN “VETERAN” JAKARTA TAHUN 2019

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Abstrak

Penelitian ini bertujuan untuk menganalisis hubungan tingkat stres, emotional eating, aktivitas fisik, dan persen lemak tubuh dengan status gizi pegawai UPN “Veteran” Jakarta. Penelitian ini bersifat observasional dengan pendekatan cross-sectional. Responden dipilih secara acak dengan teknik Probability Proportional Sampling. Data diambil dengan pengisian kuesioner melalui wawancara dan pengukuran langsung. Pengolahan data dilakukan dengan uji Spearman Rank dan korelasi Pearson. Berdasarkan hasil uji statistik, tidak terdapat hubungan yang signifikan antara tingkat stres dan emotional eating dengan status gizi (p value = 0,604 dan 0,543). Terdapat hubungan yang signifikan antara aktivitas fisik dan persen lemak tubuh dengan status gizi (p value = 0,005 dan 0,000). Aktivitas fisik memiliki korelasi negatif dengan status gizi, sedangkan persen lemak tubuh memiliki korelasi positif.

Kata Kunci : Status Gizi, Tingkat Stres, Emotional Eating, Persen Lemak Tubuh, Pegawai

THE RELATIONSHIP OF STRESS LEVEL, EMOTIONAL EATING, PHYSICAL ACTIVITY, AND BODY FAT PERCENTAGE TO NUTRITIONAL STATUS OF UPN “VETERAN” JAKARTA EMPLOYEES IN 2019

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Abstract

This study aims to analyze the relationship of stress level, emotional eating, physical activity, and body fat percentage with nutritional status of UPN “Veteran” Jakarta employees. This was an observational study with cross-sectional approach. Respondents were randomly selected using Probability Proportional Sampling. The data was collected by filling out questionnaire through interviews and direct measurements. Data was analyzed using Spearman Rank and Pearson correlation test. Based on statistical test result, there was no significant relations between stress level and emotional eating with nutritional status (p value = 0,604 and 0,543). There was significant relations between physical activity and body fat percentage with nutritional status (p value = 0,005 and 0,000). Physical activity had negative correlation with nutritional status, while body fat percentage had positive correlation.

Key Words : Nutritional Status, Stress Level, Emotional Eating, Body Fat Percentage, Employee