

HUBUNGAN *EMOTIONAL EATING*, FREKUENSI KONSUMSI MAKANAN DAN MINUMAN MANIS TERHADAP STATUS GIZI PADA MAHASISWA/I SEMESTER AKHIR FIKES UPNVJ

Veronica Juliantina

Abstrak

Latar Belakang: Mahasiswa tingkat akhir dalam melakukan kewajibannya banyak menghadapi penyesuaian yang terjadi. Kondisi ini mengakibatkan munculnya stress yang memicu perubahan perilaku makan serta nafsu makan dengan kecenderungan melakukan konsumsi makanan & minuman manis. Dimana asupan makanan yang masuk ke dalam tubuh akan mempengaruhi status gizi. Perilaku makan ini juga sering disebut dengan istilah *emotional eating*. **Tujuan:** Melakukan analisis hubungan *Emotional Eating*, Frekuensi Konsumsi Makanan & Minuman Manis Terhadap Status Gizi Pada Mahasiswa/I Semester Akhir FIKES UPNVJ. **Metode:** Menggunakan desain *cross-sectional* teknik sampel yang digunakan adalah *simple random sampling*. Data status gizi diperoleh dengan pengukuran antropometri, *emotional eating* dengan Skala Likert 1-5 digunakan dalam penilaian setiap pertanyaan DEBQ (*Dutch Eating Behavior Questionnaire*), dan frekuensi konsumsi makanan serta minuman manis menggunakan FFQ (*Food Frequency Questionnaire*). Pengolahan data menggunakan uji *Spearman*. **Hasil:** Terdapat hubungan antara *emotional eating* terhadap status gizi ($p\ value=0,048$) tidak terdapat hubungan antara frekuensi makanan manis ($p\ value=0,209$) dan minuman manis ($p\ value=0,861$) terhadap status gizi. **Kesimpulan:** dapat disimpulkan bahwa terdapat hubungan antara *emotional eating*, dan tidak terdapat hubungan antara frekuensi konsumsi makanan dan minuman manis terhadap status gizi.

Kata Kunci : *Emotional Eating*, Makanan dan Minuman Manis, Status Gizi

RELATIONSHIP OF EMOTIONAL EATING, FREQUENCY OF SWEET FOOD & BEVERAGE CONSUMPTION TO NUTRITIONAL STATUS IN FINAL SEMESTER STUDENTS FACULTY OF HEALTH SCIENCES, JAKARTA NATIONAL DEVELOPMENT UNIVERSITY

Veronica Juliantina

Abstract

Background: Final year students in carrying out their obligations face many adjustments that occur. This condition results in the emergence of stress that triggers changes in eating behavior and appetite with a tendency to consume sweet foods and drinks. Where the intake of food that enters the body will affect the nutritional status. This eating behavior is also often referred to as emotional eating. **Objective:** To analyze the relationship between Emotional Eating, Frequency of Consumption of Sweet Foods & Drinks on Nutritional Status in Final Semester Students of the Faculty of Health Sciences, National Veterans Development University, Jakarta. **Methods:** Cross-sectional research, the sample technique used is probability sampling using a simple random sampling approach. Nutritional status data obtained by anthropometric measurements, emotional eating with a Likert Scale of 1-5 was used in the assessment of each DEBQ (Dutch Eating Behavior Questionnaire) question, and the frequency of consumption of sweet foods and drinks using the FFQ (Food Frequency Questionnaire). Data processing used the Spearman test. **Results:** There is a relationship between emotional eating and nutritional status (p value = 0,048) there is no relationship between the frequency of sweet foods (p value = 0,209) and sweet drinks (p value = 0,861) on nutritional status. **Conclusion:** it can be concluded that there is a relationship between emotional eating, and there is no relationship between the frequency of consumption of sweet foods and drinks on nutritional status. and the frequency of consumption of sweet foods and drinks using the FFQ (Food Frequency Questionnaire). Data processing uses the Spearman test.

Keywords: Emotional Eating, Nutritional Status, Sweet Foods and Drinks