

HUBUNGAN KUALITAS SARAPAN, KUALITAS TIDUR, DAN AKTIVITAS FISIK TERHADAP STRES AKADEMIK PADA MAHASISWA PROGRAM STUDI GIZI UPN "VETERAN" JAKARTA

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Abstrak

Stres akademik merupakan masalah yang umum dialami mahasiswa dan dapat dipengaruhi oleh berbagai faktor gaya hidup, seperti kualitas sarapan, kualitas tidur, dan aktivitas fisik. Penelitian ini bertujuan untuk mengetahui hubungan kualitas sarapan, kualitas tidur, dan aktivitas fisik terhadap stres akademik pada mahasiswa Program Studi Gizi UPN “Veteran” Jakarta. Penelitian menggunakan metode kuantitatif dengan desain potong-lintang pada 118 mahasiswa yang dipilih melalui *stratified random sampling*. Data dikumpulkan menggunakan SQ-FFQ, PSQI, IPAQ, dan PASS, kemudian dianalisis menggunakan uji *Chi-Square*. Hasil menunjukkan sebagian besar responden mengalami stres akademik rendah (58,5%), tidak memenuhi kecukupan energi sarapan (70,3%) dan karbohidrat (81,35%), memenuhi kecukupan protein (83%), lemak (70,4%), dan keberagaman pangan (69,5%), mengalami kualitas tidur buruk (82,2%) dan aktivitas fisik kategori sedang (50,8%). Terdapat hubungan antara kontribusi energi sarapan, kecukupan asupan karbohidrat, dan kualitas tidur dengan stres akademik ($p=0,025$; $p=0,005$; $p=0,010$). Kualitas tidur merupakan satu-satunya variabel yang tetap berhubungan secara signifikan dengan tingkat stres akademik setelah dikontrol melalui uji regresi logistik biner ($p=0,012$) dengan nilai AOR 0,245 (95% CI: 0,082–0,734). Mahasiswa disarankan menjaga kualitas tidur dan menerapkan pola makan bergizi seimbang untuk mendukung kesehatan serta mencegah permasalahan gizi; institusi mengintegrasikan edukasi gaya hidup sehat dalam kegiatan akademik dan mendukung terciptanya lingkungan kampus yang membangun perilaku makan sehat: penelitian selanjutnya meneliti faktor lain yang memengaruhi stres akademik dengan metode yang lebih objektif.

Kata Kunci: Aktivitas Fisik; Kualitas Sarapan; Kualitas Tidur; Mahasiswa; Stres Akademik

THE RELATIONSHIP BETWEEN BREAKFAST QUALITY, SLEEP QUALITY, AND PHYSICAL ACTIVITY WITH ACADEMIC STRESS IN STUDENTS OF THE NUTRITION STUDY PROGRAM AT UPN "VETERAN" JAKARTA

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Abstract

Academic stress is a common issue among university students and may be influenced by lifestyle factors, including breakfast quality, sleep quality, and physical activity. This study aimed to determine the relationship between breakfast quality, sleep quality, and physical activity and academic stress among Nutrition students at UPN "Veteran" Jakarta. A cross-sectional study was conducted involving 118 students selected through random sampling. Data were collected using SQ-FFQ, PSQI, IPAQ, and PASS questionnaires and examined using the Chi-Square test. The results showed that most respondents experienced low academic stress (58,5%); failed to meet breakfast energy (70,3%) and carbohydrate (81,35%) adequacy; met protein (83%), fat (70,4%), and dietary diversity (69,5%) requirements; and had poor sleep quality (82,2%) and moderate physical activity levels (50,8%). There are associations between breakfast energy contribution, adequacy of carbohydrate intake, and sleep quality with academic stress ($p=0.025$; $p=0.005$; $p=0.010$). Sleep quality is the only variable that remained significantly associated with the level of academic stress after adjustment via binary logistic regression ($p=0.012$), with an AOR of 0.245 (95% CI: 0.082–0.734). Students are advised to maintain good sleep quality and adopt a balanced, nutritious diet to support health and prevent nutritional issues; institutions should integrate healthy lifestyle education into academic activities and foster a campus environment that encourages healthy eating behaviors; future research is recommended to explore other factors influencing academic stress using more objective measurement methods.

Keywords: Academic Stress; Breakfast Quality; Physical Activity; Sleep Quality; University Students