

# HUBUNGAN *EMOTIONAL EATING*, CITRA TUBUH, DAN TINGKAT STRES DENGAN IMT/U REMAJA PUTRI DI SMK NEGERI 41 JAKARTA TAHUN 2022

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## Abstrak

Permasalahan gizi lebih pada remaja perempuan dapat disebabkan akibat perilaku makan yang tidak tepat, salah satunya *emotional eating*. Gizi lebih juga dapat disebabkan akibat stres maupun persepsi negatif terhadap tubuh. Hal tersebut dapat mendorong remaja untuk melakukan peningkatan asupan makanan, sehingga jika dilakukan secara terus menerus akan berdampak pada gizi lebih. Penelitian ini bertujuan untuk mengetahui hubungan *emotional eating*, citra tubuh, dan tingkat stres dengan IMT/U remaja putri di SMK Negeri 41 Jakarta. Penelitian ini menggunakan desain *cross sectional* dengan sampel sebanyak 62 responden yang diambil dengan teknik *stratified random sampling*. Penelitian dilakukan pada Mei 2022. Data dikumpulkan menggunakan kuesioner *The Dutch Eating Behaviour Questionnaire-13 items* (DEBQ-13), *Figure Rating Scale* (FRS), dan *Perceived Stress Scale-10 items* (PSS-10). Analisis hubungan dilakukan menggunakan uji *Chi Square* menunjukkan bahwa tidak terdapat hubungan antara *emotional eating* ( $p$  value = 0,642;  $p$  value > 0,05), citra tubuh ( $p$  value = 0,578;  $p$  value > 0,05), dan tingkat stres ( $p$  value = 1,000;  $p$  value > 0,05) dengan IMT/U remaja putri di SMK Negeri 41 Jakarta. Perlu dilakukan pengkajian lebih lanjut terkait faktor yang lebih mempengaruhi IMT/U terutama pada remaja putri.

**Kata Kunci:** Citra Tubuh, *Emotional Eating*, IMT/U, Remaja Putri, Tingkat Stres

# **THE RELATIONSHIP BETWEEN EMOTIONAL EATING, BODY IMAGE, AND STRESS LEVEL WITH THE BMI-FOR- AGE IN FEMALE ADOLESCENTS AT SMK NEGERI 41 JAKARTA 2022**

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## **Abstract**

Overweight problems in female adolescents can be caused by inappropriate eating behavior, one of which is emotional eating. Overweight can also be caused by stress or negative body perceptions. This can encourage adolescents to increase their food intake, so that if it's done continuously it'll have an impact on overweight. This study aims to determine the relationship between emotional eating, body image, and stress level with the BMI-for-age in female adolescents at SMK Negeri 41 Jakarta. This study used a cross-sectional design among 62 respondents determined by stratified random sampling technique. This study was conducted in May 2022. Data collected using The Dutch Eating Behavior Questionnaire-13 items (DEBQ-13), Figure Rating Scale (FRS), and Perceived Stress Scale-10 items (PSS-10). Relationship analysis performed using Chi Square test showed that there was no relationship between emotional eating (p value = 0,642; p value > 0,05), body image (p value = 0,578; p value > 0,05), and stress level (p value = 1,000; p value > 0,05) with the BMI-for-age in female adolescents at SMK Negeri 41 Jakarta. It's necessary to conduct further studies related to factors that can influence the BMI-for-age, especially in female adolescents.

**Keywords:** BMI-for-age, Body Image, Emotional Eating, Female Adolescents, Stress Level