

HUBUNGAN ANTARA STRES DENGAN ASUPAN MAKANAN MAHASISWA KESEHATAN UNIVERSITAS GADJAH MADA SELAMA PANDEMI COVID-19

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INTISARI

Latar belakang: Terjadinya perubahan pola hidup akibat COVID-19 sangat memengaruhi mental seseorang dan berakibat pada peningkatan prevalensi stres. Fenomena peningkatan stres pada mahasiswa diiringi dengan peningkatan tren asupan makanan mahasiswa yang kurang. Asupan makanan seseorang dapat bergantung pada kondisi psikologisnya.

Tujuan: Mengetahui hubungan antara stres dengan asupan makanan mahasiswa kesehatan UGM selama Pandemi COVID-19.

Metode: Penelitian *cross sectional* dengan 143 responden. Variabel bebas adalah stres sedangkan variabel terikat adalah asupan makanan (energi, protein, lemak, dan karbohidrat). Analisis data menggunakan uji *Rank Spearman* dan uji *Chi Square*.

Hasil: Semakin tinggi tingkat stres maka asupan energi, protein, dan karbohidrat semakin rendah ($p=0,012$; $p=0,004$; $p=0,003$), tetapi tidak ditemukan hubungan yang signifikan antara stres dengan asupan lemak ($p=0,135$).

Kesimpulan: Terdapat hubungan antara stres dengan asupan energi, protein, dan karbohidrat, tetapi tidak ditemukan hubungan antara stres dengan asupan lemak.

Kata Kunci: stres, asupan makanan, mahasiswa kesehatan, COVID-19.

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THE RELATIONSHIP BETWEEN STRESS AND FOOD INTAKE OF UNIVERSITAS GADJAH MADA HEALTH STUDENTS DURING THE COVID-19 PANDEMIC

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ABSTRACT

Background: The occurrence of lifestyle changes due to COVID-19 greatly affects a person's mentality. This leads to an increased prevalence of stress. The phenomenon of increased stress in college students is accompanied by an increase in the trend of poor student food intake. A person's food intake can depend on their psychological condition.

Objective: To determine the relationship between stress and the food intake of UGM health students during the COVID-19 Pandemic.

Method: A cross-sectional study was conducted involving 143 respondents. The independent variable is stress. The dependent variable is food intake (energy, protein, fat, and carbohydrates). Data analysis was performed by Rank Spearman Test and Chi Square Test.

Result: The higher of stress level followed by the lower of energy, protein, and carbohydrates intake ($p=0.012$; $p=0.004$; $p=0.0003$). However, there was no significant relationship between stress and fat intake ($p=0.135$).

Conclusions: There was a relationship between stress and energy, protein, and carbohydrates intake, but no relationship was found between stress and fat intake.

Keywords: *stress, food intake, health students, COVID-19.*

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