

## ABSTRACT

**Background:** The COVID-19 pandemic is able to cause stress in the community, including college students. Research reveals that COVID-19 quarantine is also associated with changes in eating behavior, one of which is overeating. These changes occur as a form of coping mechanism with boredom and anxiety in response to the pandemic situation.

**Objective:** To determine the relationship between stress and eating behavior of students from the Faculty of Medicine, Public Health and Nursing, UGM during the COVID-19 pandemic.

**Method:** This research is an observational quantitative study with a cross-sectional design. The research was conducted online by using a questionnaire in the form of google forms. The sample was selected by using a purposive sampling method, involving 233 health students. Measurement of stress was assessed using the DASS-42 (Depression Anxiety Stress Scale-42) questionnaire, and the measurement of eating behavior was assessed using the DEBQ (Dutch Eating Behavior Questionnaire) questionnaire. Data were analyzed by using Spearman's rho correlation test.

**Results:** The results of statistical tests showed that there was a significant relationship between stress and eating behavior ( $p = <0,001$ ;  $r = 0.343$ ).

**Conclusion:** There is a relationship between stress and eating behavior of students of the Faculty of Public Health and Nursing, UGM during the COVID-19 pandemic.

**Keyword:** Stress, Eating Behavior, COVID-19, College Students

## INTISARI

**Latar Belakang:** Pandemi COVID-19 mampu menimbulkan stres pada masyarakat, tidak terkecuali mahasiswa. Penelitian mengungkapkan bahwa karantina COVID-19 juga dikaitkan dengan adanya perubahan perilaku makan, salah satunya makan secara berlebihan. Perubahan tersebut terjadi sebagai bentuk mekanisme koping terhadap rasa bosan dan kecemasan dalam menghadapi situasi pandemi.

**Tujuan:** Mengetahui hubungan stres dengan perilaku makan mahasiswa Fakultas Kedokteran Kesehatan Masyarakat dan Keperawatan UGM saat pandemi COVID-19.

**Metode:** Penelitian ini merupakan studi kuantitatif observasional dengan rancangan desain *cross-sectional*. Penelitian dilakukan secara daring menggunakan kuesioner dalam bentuk *google forms*. Sampel dipilih menggunakan metode *purposive sampling*. Jumlah responden yang terlibat sebanyak 233 orang. Pengukuran stres menggunakan kuesioner DASS-42 (*Depression Anxiety Stress Scale-42*), dan pengukuran perilaku makan menggunakan kuesioner DEBQ (*Dutch Eating Behavior Questionnaire*). Data dianalisis menggunakan uji korelasi *Spearman's rho*.

**Hasil:** Hasil uji statistik menunjukkan terdapat hubungan yang bermakna antara stres dengan perilaku makan ( $p = <0,001$ ;  $r = 0,343$ ).

**Kesimpulan:** Terdapat hubungan antara stres dengan perilaku makan mahasiswa Fakultas Kedokteran Kesehatan Masyarakat dan Keperawatan UGM saat pandemi COVID-19.

**Kata Kunci:** Stres, Perilaku Makan, COVID-19, Mahasiswa