

## HUBUNGAN ANTARA KESEHATAN MENTAL DENGAN GANGGUAN MAKAN PADA REMAJA DI SMAN 1 YOGYAKARTA SELAMA PANDEMI COVID-19

### INTISARI

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**Latar Belakang:** Individu dapat mengalami gangguan makan akibat stres dari penerapan karantina selama pandemi COVID-19 berlangsung. Dari banyak studi menunjukkan bahwa tingkat stres berpengaruh terhadap kebiasaan makan yang dapat memperburuk status kesehatan seseorang. Namun, masih banyak juga studi yang melaporkan bahwa tidak ada hubungan antara rasa stres, cemas, dan depresi dengan risiko gangguan makan. Hingga saat ini, penelitian terkait hubungan kesehatan mental dan gangguan makan di Indonesia masih belum banyak dilakukan. Oleh sebab itu, penelitian ini dilakukan untuk melihat hubungan antara kesehatan mental dan gangguan makan.

**Tujuan:** Mengetahui hubungan antara kesehatan mental dan gangguan makan pada remaja di SMAN 1 Yogyakarta selama pandemi COVID-19.

**Metode:** Penelitian dilakukan secara kuantitatif menggunakan studi *cross-sectional*. Teknik pengambilan sampel menggunakan *proportionate stratified sampling*. Responden yang terlibat adalah 236 siswa. Instrumen yang digunakan adalah DASS-21 dan EAT-26. Hasil analisa dilakukan dengan uji Pearson Chi-Square.

**Hasil:** Dari ketiga tipe kesehatan mental, hanya tingkat depresi yang memiliki hubungan bermakna secara statistik dengan gangguan makan ( $p = 0.024$ ). Sedangkan, untuk tingkat kecemasan ( $p = 0.080$ ) dan stres ( $p = 0.232$ ) tidak memiliki hubungan bermakna dengan gangguan makan.

**Kesimpulan:** Tingkat depresi memiliki hubungan dengan risiko gangguan makan. Tetapi tidak ada hubungan antara tingkat kecemasan dan stres dengan risiko gangguan makan.

**Kata Kunci:** depresi, kecemasan, stres, kesehatan mental, gangguan makan

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## RELATIONSHIP BETWEEN MENTAL HEALTH AND EATING DISORDERS IN ADOLESCENTS AT SMAN 1 YOGYAKARTA DURING THE COVID-19 PANDEMIC

### ABSTRACT

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**Background:** Individuals may experience eating disorders due to the stress of implementing quarantine during the COVID-19 pandemic. Many studies show that stress levels affect eating habits that can worsen a person's health status. However, there are many studies reported that there is no relationship between feelings of stress, anxiety, and depression with the risk of eating disorders. Until now, research on the relationship between mental health and eating disorders in Indonesia has not been done much. Therefore, this study was conducted to examine the relationship between mental health and eating disorders.

**Objective:** Discover the relationship between mental health and eating disorders in adolescents at SMAN 1 Yogyakarta during the COVID-19 pandemic.

**Methods:** This research is a cross-sectional study with proportionate stratified sampling as the sampling technique. The respondents involved were 236 students. The instruments used are DASS-21 and EAT-26. The Pearson Chi-Square test were used in this research.

**Result:** Among the three types of mental health, only the level of depression had a statistically significant relationship with eating disorders ( $p = 0.024$ ). Meanwhile, the level of anxiety ( $p = 0.080$ ) and stress ( $p = 0.232$ ) did not have a significant relationship with eating disorders.

**Conclusion:** The level of depression has a relationship with the risk of eating disorders. But there is no relationship between levels of anxiety and stress with the risk of eating disorders.

**Keywords:** depression, anxiety, stress, mental health, eating disorders

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