

ABSTRACT

Khairunisa Amanah, Martalena Br. Purba, Emy Huriyati

Background: The COVID-19 pandemic requires people around the world to limit their mobilization to prevent the wider spread of the virus. These events can trigger mental health problems and an increase in the prevalence of stress. The increase in the prevalence of stress in the student population of health was 4.2%. Stress can trigger emotional eating which can have a bad influence on eating habits. An increase in the prevalence of stress in medical students during the pandemic which can affect diet is the reason this research was conducted.

Objective: To find out the relationship between stress and emotional eating also the description of the incidence of stress and emotional eating in FK-KMK UGM students during the COVID-19 pandemic.

Method: This research is an observational quantitative with a cross sectional study. This research used purposive sampling method. The stress variable was measured using the Depression Anxiety Stress Scale (DASS-42) and emotional eating was measured using the Emotional Eating Scale (EES).

Results: Respondents who categorized into stress are 30% and emotional eating are 54.1%. The chi-square test showed a significant relationship between year of study and stress (p value = 0.007). Bivariate analysis with Spearman-rho test showed that there was a significant relationship between stress and emotional eating variables with p -value <0.05. Stress is 3.1 times more risky to have emotional eating.

Conclusion: The amount of respondents experienced stress is 30% and 54.1% experienced emotional eating. Another activities are needed as a strategy to deal with stress apart from consuming unhealthy food.

Keyword: mental health, stress, emotional eating, students, COVID-19

INTISARI

Khairunisa Amanah, Martalena Br. Purba, Emy Huriyati

Latar belakang: Pandemi COVID-19 mengharuskan penduduk di seluruh dunia untuk melakukan pembatasan mobilitasi guna mencegah penyebaran virus yang lebih luas. Kejadian ini bisa memicu masalah kesehatan mental dan peningkatan prevalensi stres. Peningkatan prevalensi stres pada populasi mahasiswa kesehatan sebanyak 4,2%. Stres dapat memicu terjadinya *emotional eating* yang dapat memiliki pengaruh buruk pada kebiasaan makan. Adanya peningkatan prevalensi stres pada mahasiswa kesehatan selama pandemi yang dapat berpengaruh pada pola makan menjadi alasan penelitian ini dilakukan.

Tujuan: Mengetahui hubungan stres dengan *emotional eating* dan gambaran kejadian stres serta *emotional eating* pada mahasiswa FK-KMK UGM saat pandemi COVID-19.

Metode: Penelitian ini adalah penelitian kuantitatif observasional dengan metode penelitian *cross sectional study*. Teknik pengambilan sampel pada penelitian ini yaitu *purposive sampling*. Variabel stres diukur dengan *Depression Anxiety Stress Scale* (DASS-42) dan *emotional eating* diukur menggunakan *Emotional Eating Scale* (EES).

Hasil: Responden yang termasuk dalam kategori stres sejumlah 30% dan mengalami *emotional eating* sejumlah 54,1%. Uji *chi-square* menunjukkan adanya hubungan yang signifikan antara angkatan dengan stres (nilai $p = 0,007$). Analisis bivariat dengan uji *Spearman-rho* menunjukkan hasil adanya hubungan yang bermakna antara variabel stres dan *emotional eating* dengan nilai $p < 0,05$. Stres berisiko 3,1 kali lebih besar untuk terkena *emotional eating*.

Kesimpulan: Sebanyak 30% responden mengalami stres dan 54,1% mengalami *emotional eating*. Perlu adanya kegiatan lain sebagai strategi untuk mengatasi stres selain mengonsumsi makanan yang tidak sehat.

Kata kunci: kesehatan mental, stres, *emotional eating*, mahasiswa, COVID-19