

PERAN KECERDASAN EMOSI TERHADAP EMOTIONAL EATING PADA PENYANDANG DIABETES MELITUS TIPE 2

Putri Rizqi Karima¹, Nida Ul Hasanat²

^{1,2}Fakultas Psikologi Universitas Gadjah Mada

putri.r.k@mail.ugm.ac.id, nida@ugm.ac.id

Abstrak: Penyandang Diabetes Melitus (DM) Tipe 2 rentan untuk mengalami emosi negatif dan stres ketika menjalani proses manajemen diri. Emosi negatif dan stres dapat berdampak pada perilaku makan penyandang DM Tipe 2. Salah satu jenis perilaku makan yang berkaitan dengan emosi negatif yaitu *emotional eating*. Apabila tidak dikelola, perilaku *emotional eating* dapat berpotensi menghambat proses manajemen diri penyandang DM Tipe 2. Penelitian ini bertujuan untuk mengetahui peran kecerdasan emosi terhadap perilaku *emotional eating* pada penyandang DM Tipe 2. Penelitian dilakukan dengan pendekatan kuantitatif menggunakan metode survei. Alat ukur penelitian ini yaitu Skala Kecerdasan Emosional dan *Dutch Eating Behavior Questionnaire* (DEBQ) Subskala *Emotional Eating*. Partisipan dalam penelitian ini merupakan 77 penyandang DM Tipe 2 di RSUD Kabupaten Jombang. Analisis data dengan regresi linear sederhana menunjukkan bahwa kecerdasan emosi berperan secara signifikan terhadap *emotional eating* pada penyandang DM Tipe 2 ($F=61,560$; $p<0,05$), dengan sumbangan efektif sebesar 45,1%. Setiap peningkatan kecerdasan emosi, maka *emotional eating* akan mengalami penurunan ($\beta = -0,768$). Analisis tambahan terhadap data demografis menunjukkan bahwa tidak terdapat perbedaan *emotional eating* ditinjau dari jenis kelamin.

Kata kunci: Kecerdasan emosi, *emotional eating*, *diabetes melitus tipe 2*

Abstract: People with Type 2 Diabetes Mellitus (T2DM) are prone to experience negative emotions and stress when undergoing the process of diabetes self-management. Negative emotions and stress can affect the eating behavior of people with T2DM. One type of eating behavior that is related to the experience of negative emotions is emotional eating. If not managed, emotional eating can potentially hinder the self-management process of people with T2DM. This study aims to determine the role of emotional intelligence on emotional eating in people with T2DM. This research was conducted with a quantitative approach using survey methods. This research used the Emotional Intelligence Scale and Emotional Eating subscale from Dutch Eating Behavior Questionnaire (DEBQ). Participants in this study were 77 people with T2DM who were currently receiving treatment at the Jombang District Hospital. Data were analyzed using simple linear regression. Results showed that emotional intelligence plays a significant role in emotional eating in people with T2DM ($F=61,560$; $p<0,05$), with a contribution of 45,1%. With every increase in emotional intelligence, emotional eating will decrease ($\beta = -0,768$). An additional analysis of demographic data shows no differences in emotional eating according to gender.

Keywords: Emotional intelligence, *emotional eating*, *type 2 diabetes mellitus*, *adult-onset diabetes*