

## INTISARI

**Latar Belakang :** Adanya pandemi COVID-19 sejak tahun 2019 berdampak negatif pada psikologis seperti depresi, kecemasan dan stres yang diakibatkan dari perubahan kondisi kehidupan seperti terpaksa melakukan semua kegiatan secara daring, interaksi sosial berkurang, kegiatan eksplorasi dan aktifitas fisik berkurang. Mahasiswa profesi ners merupakan kelompok mahasiswa yang cenderung memiliki gangguan emosional lebih tinggi. Gangguan emosional dapat berdampak buruk pada perilaku mengkonsumsi makanan secara berlebihan tanpa memperdulikan rasa lapar ataupun kenyang atau disebut juga *emotional eating* dengan tujuan menghilangkan ataupun meredam emosi yang dialami.

**Tujuan :** Untuk mengetahui hubungan gangguan emosional (depresi, kecemasan, dan stres) dengan *emotional eating* pada mahasiswa di masa pandemi COVID-19.

**Metode :** Penelitian ini merupakan penelitian observasional dengan desain *cross sectional*. Responden penelitian ini sebanyak 220 mahasiswa profesi ners di Yogyakarta. Gangguan emosional diukur dengan menggunakan kuesioner DASS-21, *emotional eating* diukur menggunakan kuesioner DEBQ. Analisis data menggunakan *software* STATA 16.0 dengan menggunakan analisis univariat deskriptif, analisis bivariat dengan uji spearman serta chi-square dan analisis multivariat regresi logistik.

**Hasil :** Diketahui mahasiswa profesi ners di Yogyakarta pada masa pandemi COVID-19 memiliki gangguan emosional depresi 38,18%, kecemasan 54,09% dan stres 40%. Pada analisis bivariat terdapat hubungan antara depresi, kecemasan dan stres dengan *emotional eating* dengan nilai p-value pada setiap variabel  $<0,001$ . Depresi memiliki nilai  $r=0,3016$  ; OR=4,82, kecemasan  $r=0,3217$  ; OR=4,20 dan stres  $r=0,3538$  ; OR= 5,81.

**Kata kunci :** Depresi, Kecemasan, Stres, *Emotional eating*, Pandemi COVID-19

## ABSTRACT

**Background :** The existence of the COVID-19 pandemic since 2019 has a negative impact on psychology such as depression, anxiety and stress resulting from changes in living conditions such as being forced to do all activities online, reduced social interaction, reduced exploration activities and physical activity. Nurse profession students are a group of students who tend to have higher emotional disturbances. Emotional disorders can have a negative impact on the behavior of consuming excessive food regardless of hunger or fullness or also called emotional eating with the aim of eliminating or reducing the emotions experienced.

**Objective :** To find out the relationship between emotional disorders (depression, anxiety, and stress) with emotional eating in college students during the COVID-19 pandemic.

**Method :** This research is an observational study with a cross sectional design. The respondents of this study were 220 students of nursing professions in Yogyakarta. Emotional disorders were measured using the DASS-21 questionnaire, emotional eating was measured using the DEBQ questionnaire. Data analysis using STATA 16.0 software using descriptive univariate analysis, bivariate analysis with spearman test, chi-square test and multivariate logistic regression analysis.

**Results :** It is known that nursing profession students in Yogyakarta during the COVID-19 pandemic had 38.18% emotional depression, 54.09% anxiety and 40% stress. In the bivariate analysis there is a relationship between depression, anxiety and stress with emotional eating with p-value for each variable  $<0.001$ . Depression has a value of  $r=0.3016$ ;  $OR=4,82$ , anxiety  $r=0.3217$ ;  $OR=4,20$  and stress  $r=0.3538$ ;  $OR=5,81$ .

**Keywords:** Depression, Anxiety, Stress, Emotional eating, COVID-19 Pandemic