

INTISARI

Latar Belakang : Mahasiswa berada di masa transisi dari remaja akhir menuju dewasa awal. Pada masa ini akan terjadi beberapa perubahan baik fisik maupun gaya hidup. Masa transisi yang dialami mahasiswa menjadi masa yang rentan untuk mengalami masalah gizi karena buruknya penyediaan konsumsi makanan sehari-hari akibat aktivitas dan kesibukan dalam kegiatan perkuliahan. *Emotional eating* terjadi ketika makanan digunakan sebagai bentuk *coping mechanism* untuk mengatasi perasaan emosional yang dirasakan. Selain itu, perubahan fisik yang terjadi akan menyebabkan mahasiswa cenderung memperhatikan penampilannya sehingga mempengaruhi citra tubuhnya. Persepsi citra tubuh akan mempengaruhi mental dan perilaku makan yang tidak sehat seperti *emotional eating* sehingga akan berdampak pada status gizinya. **Tujuan :** Untuk mengetahui hubungan antara *emotional eating* dan citra tubuh dengan status gizi pada mahasiswa Universitas Gadjah Mada. **Metode :** Desain penelitian yang digunakan adalah observasional kuantitatif dengan pendekatan cross sectional study. Subjek penelitian merupakan mahasiswa S-1 Universitas Gadjah Mada dengan cara *proportionate stratified random sampling*. Terdapat 155 mahasiswa aktif yang bersedia menjadi subjek penelitian. Pengambilan data *emotional eating* didapatkan melalui kuesioner *Emotional Eating Scale*, data citra tubuh dengan kuesioner *Body Shape Questionnaire-34 (BSQ-34)*, dan data status gizi dengan pengukuran Indeks Massa Tubuh (IMT). Uji yang digunakan dalam penelitian ini yaitu uji *chi square* dengan $\alpha = 0,05$. **Hasil :** Hasil analisis deskriptif menunjukkan 85,8% mahasiswa memiliki *emotional eating* rendah, 60,6% mahasiswa puas terhadap bentuk tubuhnya, 64,7% mahasiswa memiliki status gizi normal. Tidak terdapat hubungan antara citra tubuh dengan *emotional eating* ($p \text{ value} = 0,27 > 0,05$), terdapat hubungan antara *emotional eating* dengan status gizi ($p \text{ value} = 0,005 < 0,05$), terdapat hubungan antara citra tubuh dengan status gizi ($p \text{ value} 0,000 < 0,05$). **Kesimpulan :** Tidak terdapat hubungan antara citra tubuh dengan *emotional eating*, terdapat hubungan antara *emotional eating* dan citra tubuh dengan status gizi mahasiswa Universitas Gadjah Mada.

Kata kunci : *emotional eating*, citra tubuh, status gizi, mahasiswa

ABSTRACT

Backgorund : College students are in a transition period from late adolescence to early adult. There will be several changes in students, both physical and lifestyle during this period. This transitional period make students are vulnerable to get nutritional problems due to the poor provision of daily food consumption because of activities and business in academic pursuits. Emotional eating occurs when food is used as a coping mechanism to deal with emotional feelings. Furthermore, the physical changes will cause students to tend to pay attention to their appearance, thus affecting their body image. Body image perception will influence unhealthy mental and eating behaviors as emotional eating, which will impact their nutritional status. **Objective** : To know the relationship between emotional eating and body image with the nutriotional status in Gadjah Mada University students. **Methods** : The research design used is an observational quantitative with a cross-sectional study. The subjects are undergraduate students of Gadjah Mada University, selected using proportionate stratified random sampling. There were 155 active undergraduate students who were willing to be the subjects. Emotional eating data was collected through the Emotional Eating Scale questionnaire, body image were collected using Body Shape Questionnaire-34 (BSQ-34), and nutritional status were collected through the measurement of Body Mass Index (BMI). **Results** : The results of the descriptive analysis showed that 85.8% of students have low emotional eating, 60.6% of students are satisfied with their body shape, and 64.7% of students have normal nutritional status. There is no significant correlation between body image and emotional eating ($p\text{-value} = 0.27 > 0.05$). There is a correlation between emotional eating and nutritional status ($p\text{-value} = 0.005 < 0.05$), there is a correlation between body image and nutritional status ($p\text{-value} 0.000 < 0.05$). **Conclusion** : There is no significant correlation between body image and emotional eating. There is a correlation between emotional eating and body image with the nutritional status of Gadjah Mada University students.

Keywords: emotional eating, body image, nutritional status, student