

ABSTRACT

Correlation of Depression and Emotional Eating between Nutritional Status on Elderly Woman Post Pandemic COVID-19 in Purwobinangun, Sleman

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Background: Indonesia has entered the phase of an aging population structure with the number of elderly reaching more than 10% of the Indonesian population with a dominant proportion of elderly woman compared to elderly man at the national level, the province of the Special Region of Yogyakarta, and Sleman Regency. The post-COVID-19 condition is a period of increasing resilience and quality of life for the elderly which is full of challenges with many elderly people whose nutritional status is at risk of malnutrition to malnutrition so that it can interfere with the health of the body. In addition, the condition of the Purwobinangun area, Sleman in the form of a disaster-prone area and the existence of bad experiences can trigger depression. This affects emotional eating.

Aim: To determine the correlation between depression and emotional eating on nutritional status in elderly woman post-COVID-19 in Purwobinangun, Sleman Sleman. **Methods:** Cross sectional design on 110 elderly women ≥ 60 years old in Purwobinangun, Sleman. The instruments are in the form of personal data forms, Geriatric Depression Scale (GDS-15), Dutch Eating Behavior Questionnaire (DEBQ-EE 13 items), Mini Nutritional Assessment (MNA-SF). Kolmogorov-smirnov normality test ($\text{sig.} > 0.05$), data analysis using ($\alpha = 5\%$) Spearman Rank correlation test ($p < 0.05$) and linear regression test ($p < 0.05$). **Results:** The percentage of elderly woman in Purwobinangun, Sleman about 22.7% depressed, 84.5% low emotional eating, 15.5% high emotional eating, 77.3% normal nutrition, 56.4% at risk of malnutrition, and 12.7% malnutrition. In the bivariate analysis, there was a significant relationship between depression and emotional eating ($p = 0.000$; $r = 0.349$; $R^2: 0.070$). There was a significant association between depression and nutritional status ($p = 0.008$; $r = -0.250$; $R^2: 0.085$). There was a significant relationship between emotional eating and nutritional status ($p = 0.007$; $r = -0.255$; $R^2: 0.042$). **Conclusion:** It can be concluded that elderly woman with increased severe depression can experience high emotional eating. Elderly woman with increased severe depression can experience malnutrition. Elderly women with low emotional eating tend to have a nutritional status close to normal.

Keywords: Depression; Emotional Eating; Nutritional Status; Purwobinangun; Elderly Woman.

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INTISARI

Hubungan Depresi dan *Emotional Eating* terhadap Status Gizi Pada Lansia Wanita Pasca Pandemi COVID-19 di Purwobinangun, Sleman

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Latar belakang: Indonesia memasuki fase struktur penduduk menua dengan jumlah lansia mencapai lebih dari 10% penduduk Indonesia dengan proporsi lansia wanita yang dominan dibandingkan lansia pria di tingkat nasional, provinsi Daerah Istimewa Yogyakarta, dan Kabupaten Sleman. Kondisi pasca pandemi COVID-19 menjadi masa peningkatan resiliensi dan kualitas hidup lansia yang penuh tantangan dengan masih banyak lansia yang berstatus gizi berisiko malnutrisi hingga malnutrisi sehingga mampu mengganggu kesehatan tubuh. Selain itu, kondisi wilayah Purwobinangun, Sleman berupa kawasan rawan bencana serta adanya pengalaman buruk mampu memicu depresi. Hal tersebut berpengaruh pada *emotional eating*. **Tujuan:** Mengetahui hubungan depresi dan *emotional eating* terhadap status gizi pada lansia wanita pasca pandemi COVID-19 di Purwobinangun, Sleman. **Metode:** Desain *cross sectional* pada 110 lansia wanita ≥ 60 tahun di Purwobinangun, Sleman. Instrumen berupa formulir data diri, *Geriatric Depression Scale* (GDS-15), *Dutch Eating Behavior Questionnaire* (DEBQ-EE 13 item), *Mini Nutritional Assessment* (MNA-SF). Uji normalitas *Kolmogorov-smirnov* ($\text{sig.} > 0,05$), Analisis data menggunakan ($\alpha = 5\%$) uji korelasi *Spearman Rank* ($p < 0,05$) dan uji regresi linear ($p < 0,05$). **Hasil:** Persentase lansia wanita di Purwobinangun, Sleman yakni 22,7% depresi, 84,5% *emotional eating* rendah, 15,5% *emotional eating* tinggi, 77,3% gizi normal, 56,4% berisiko malnutrisi, dan 12,7% malnutrisi. Pada analisis bivariat, terdapat hubungan yang signifikan antara depresi dengan *emotional eating* ($p = 0,000$; $r = 0,349$; $R^2: 0,070$). Terdapat hubungan yang signifikan antara depresi terhadap status gizi ($p = 0,008$; $r = -0,250$; $R^2: 0,085$). Terdapat hubungan signifikan antara *emotional eating* terhadap status gizi ($p = 0,007$; $r = -0,255$; $R^2: 0,042$). **Kesimpulan:** Lansia wanita dengan peningkatan depresi berat maka dapat mengalami *emotional eating* tinggi. Lansia wanita dengan peningkatan depresi berat maka dapat mengalami malnutrisi. Lansia wanita dengan *emotional eating* yang rendah cenderung memiliki status gizi mendekati normal.

Kata Kunci: Depresi; *Emotional Eating*; Lansia Wanita; Purwobinangun; Status Gizi.

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