

HUBUNGAN STRES DAN *EMOTIONAL EATING* DENGAN PERILAKU MAKAN PENYANDANG DIABETES MELITUS TIPE 2 DI SLEMAN YOGYAKARTA

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ABSTRAK

Latar Belakang: Diabetes melitus masih menjadi kekhawatiran utama masalah kesehatan di dunia. *Emotional eating* merupakan salah satu bentuk mekanisme koping stres seseorang dengan mengonsumsi makanan secara berlebihan. *Emotional eating* yang tidak dikontrol dapat memperparah kondisi pasien diabetes melitus karena orang tersebut memiliki tendensi untuk makan makanan tinggi kalori/ makanan manis dan tinggi lemak.

Tujuan: Untuk mengetahui apakah terdapat hubungan antara stres dan *emotional eating* dengan perilaku makan pada pasien diabetes melitus tipe 2 di Sleman.

Metode: Penelitian ini adalah penelitian observasional dengan desain potong lintang. Responden penelitian ini mencakup 93 penyandang diabetes melitus di Sleman. Tingkatan *emotional eating* diukur menggunakan kuesioner DEBQ, stres dengan kuesioner PSS-10, perilaku makan dengan SQ-FFQ dan kuesioner jadwal makan. Analisis data menggunakan *software* SPSS dengan menggunakan analisis univariat deskriptif dan analisis bivariat dengan uji *Spearman*.

Hasil: Sebagian besar responden mengalami stres ringan (68,8%), *emotional eating* rendah (91,4%), dan perilaku makan kurang sesuai (61,3%). Tidak ditemukan hubungan signifikan antara stres dan *emotional eating* dengan perilaku makan pasien diabetes melitus ($p = 0,286$ dan $p = 0,686$).

Kesimpulan: Penyandang diabetes melitus di Sleman sebagian besar sudah tepat jenis, namun belum tepat jumlah dan jadwal.

Kata Kunci: Tingkat stres, *emotional eating*, perilaku makan 3J, diabetes melitus

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RELATIONSHIP BETWEEN STRESS AND EMOTIONAL EATING WITH
EATING BEHAVIOR IN PATIENTS WITH TYPE 2 DIABETES MELLITUS IN
SLEMAN, YOGYAKARTA

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ABSTRACT

Background: Diabetes mellitus remains a major global health concern. Emotional eating is one of the coping mechanisms for stress, where individuals consume excessive amounts of food. Uncontrolled emotional eating can worsen the condition of diabetes mellitus patients as they tend to eat high-calorie foods, sweets, and fatty foods.

Objective: To determine whether there is a relationship between stress and emotional eating with eating behavior in patients with type 2 diabetes mellitus in Sleman.

Methods: This research is an observational study with a cross-sectional design. The respondents were 93 diabetes mellitus patients in Sleman. Emotional eating levels were measured using the DEBQ questionnaire, stress using the PSS-10 questionnaire, eating behavior using the SQ-FFQ questionnaire, and meal schedule questionnaire. Data analysis was conducted using SPSS software with univariate descriptive analysis and bivariate analysis using the Spearman test.

Results: The majority of respondents experienced mild stress (68.8%), low emotional eating (91.4%), and inappropriate eating behavior (61.3%). No significant relationship was found between stress and emotional eating with eating behavior in diabetes mellitus patients ($p = 0.286$ and $p = 0.686$).

Conclusion: Most diabetes mellitus patients already consume the right types of food but do not adhere to the correct amount and schedule.

Keywords: Stress levels, emotional eating, 3J eating behavior, diabetes mellitus

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