

## INTISARI

### HUBUNGAN GANGGUAN MENTAL DAN KESEPIAN DENGAN *BINGE EATING DISORDER* PADA MAHASISWA S1 TINGKAT AKHIR UNIVERSITAS GADJAH MADA

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**Latar Belakang:** *Binge Eating Disorder* (BED) merupakan salah satu bentuk gangguan makan yang serius dan kerap terjadi di kalangan remaja akhir hingga dewasa awal. Gangguan ini ditandai dengan tidak adanya kendali pada pola makan secara berlebihan dalam waktu singkat yang berpotensi menyebabkan obesitas dan komplikasi. Berdasarkan berbagai penelitian, prevalensi gangguan ini terus meningkat secara global, termasuk di Indonesia. Mahasiswa, terutama tingkat akhir, seringkali menghadapi tekanan akademis yang dapat memicu gangguan mental seperti stres, kecemasan, dan depresi serta kesepian akibat kurangnya dukungan sosial. Hal ini dapat memicu munculnya penyimpangan perilaku makan sebagai bentuk pelampiasan atas emosi yang dialami.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan gangguan mental dan kesepian dengan *binge eating disorder* pada mahasiswa S1 tingkat akhir UGM.

**Metode:** Penelitian ini merupakan studi kuantitatif observasional dengan desain *cross-sectional*. Pengambilan data dilakukan secara daring selama bulan Agustus 2024 menggunakan kuesioner Google Form. Sampel dipilih menggunakan metode *purposive sampling* dengan jumlah 114 responden. Pengukuran gangguan mental menggunakan kuesioner DASS-21, tingkat kesepian dengan UCLA *Loneliness Scale*, serta *binge eating disorder* dengan kuesioner *Binge Eating Scale*. Data dianalisis secara univariat deskriptif dan bivariat menggunakan uji korelasi Spearman's rho.

**Hasil:** Prevalensi mahasiswa S1 tingkat akhir UGM yang mengalami stres sebesar 28,9%; kecemasan 55,3%; depresi 46,5%; dan kesepian 68,4%. Hasil uji statistik menunjukkan terdapat hubungan yang signifikan antara stres, kecemasan, depresi, dan kesepian dengan *binge eating disorder* ( $p < 0,001$ , stres  $r = 0,548$ ; kecemasan  $r = 0,516$ ; depresi  $r = 0,499$ ; kesepian  $r = 0,438$ ).

**Kesimpulan:** Terdapat hubungan yang signifikan antara gangguan mental dan kesepian dengan *binge eating disorder* pada mahasiswa S1 tingkat akhir UGM.

**Kata Kunci:** Stres, Kecemasan, Depresi, Kesenian, *Binge Eating Disorder*

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## ABSTRACT

### RELATIONSHIP BETWEEN MENTAL DISORDERS AND LONELINESS WITH BINGE EATING DISORDER AMONG FINAL-YEAR UNDERGRADUATE STUDENTS AT UNIVERSITAS GADJAH MADA

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**Background:** Binge Eating Disorder (BED) is a serious form of eating disorder commonly found among late adolescents and young adults. Binge eating disorder is characterized by a lack of control over the consumption of large quantities of food in a short period of time, potentially leading to obesity and complications. According to various studies, the prevalence of this eating disorder continues to increase globally, including in Indonesia. Undergraduate students, especially final-year students, often face academic pressures that can trigger mental disorders such as stress, anxiety, and depression. Besides that, they also experience loneliness due to a lack of social support. This can lead to disordered eating behavior as a form of emotional coping.

**Objective:** This study aims to determine the relationship between mental disorders and loneliness with binge eating disorder among final-year undergraduate students at UGM.

**Methods:** This research is a quantitative observational study with a cross-sectional design. Data collection was conducted online in August 2024 using a Google Form questionnaire. The sample was selected using purposive sampling, with a total of 114 respondents. Mental disorders were measured using the DASS-21 questionnaire, loneliness with the UCLA Loneliness Scale, and binge eating disorder with the Binge Eating Scale questionnaire. Data were analyzed univariately using descriptive statistics and bivariate using Spearman's rho correlation test.

**Results:** The prevalence of final-year undergraduate students at UGM experiencing stress was 28.9%; anxiety, 55.3%; depression, 46.5%; and loneliness 68.4%. Statistical tests showed a significant relationship between stress, anxiety, depression, and loneliness with binge eating disorder ( $p < 0.001$ , stress  $r = 0.548$ , anxiety  $r = 0.516$ , depression  $r = 0.499$ , loneliness  $r = 0.438$ ).

**Conclusion:** There is a significant relationship between mental disorders and loneliness with binge eating disorder among final-year undergraduate students at UGM.

**Keywords:** Stress, Anxiety, Depression, Loneliness, Binge Eating Disorder

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