



HUBUNGAN STRES AKADEMIK DENGAN STATUS GIZI PADA MAHASISWA UNIVERSITAS GADJAH MADA

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INTISARI

Latar Belakang : Berdasarkan data Survei Kesehatan Indonesia (SKI) (2023), di DI Yogyakarta terdapat 13,5% overweight dan 5,6% obesitas pada kategori usia 16-18 tahun, sedangkan pada individu usia >18 tahun sebanyak 14,4% overweight dan 24,6% obesitas. Status gizi individu dapat disebabkan oleh beberapa faktor, salah satunya stres. Stres seringkali dialami oleh mahasiswa dalam proses akademik.

Tujuan : Mengetahui hubungan stres akademik dengan status gizi pada mahasiswa Universitas Gadjah Mada

Metode : Desain penelitian ini adalah *cross sectional*. Subjek penelitian ini merupakan mahasiswa UGM yang sesuai dengan kriteria inklusi dan eksklusif dengan teknik *cluster sampling* sejumlah 220 responden. Penelitian dilaksanakan pada bulan Februari 2025. Stres akademik diukur dengan kuesioner PASS melalui platform *Google Form*, sedangkan status gizi menggunakan IMT dengan pengukuran antropometri. Analisis statistik yang digunakan adalah Chi-square.

Hasil : Sebagian besar responden mengalami stres akademik (52,7%) dan tergolong dalam kategori stres sedang (72,7%), serta memiliki status gizi normal (63,2%). Berdasarkan hasil analisis statistik, tidak ditemukan hubungan yang signifikan antara stres akademik dengan status gizi ($p\text{-value} > 0,05$).

Kesimpulan : Tidak terdapat hubungan yang signifikan antara stres akademik dengan status gizi pada mahasiswa Universitas Gadjah Mada

Kata Kunci : Indeks Massa Tubuh, Mahasiswa, Status Gizi, Stres Akademik

THE CORRELATION BETWEEN ACADEMIC STRESS AND NUTRITIONAL STATUS AMONG STUDENTS OF UNIVERSITAS GADJAH MADA

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ABSTRACT

Background: According to the Survei Kesehatan Indonesia (SKI) (2023), in the Special Region of Yogyakarta, 13.5% of individuals aged 16–18 years were overweight and 5.6% were obese, while among individuals aged >18 years, 14.4% were overweight and 24.6%. Nutritional status can be influenced by various factors, including stress. Stress is commonly experienced by university students during their academic activities.

Objective: To determine the correlation between academic stress and nutritional status among students at Universitas Gadjah Mada.

Methods: The design of this study was cross sectional. The subjects of this study are Universitas Gadjah Mada students who have met the inclusion and exclusion criteria, selected through cluster sampling with total of 220 respondents. The study was conducted in February 2025. Academic stress was measured using the PASS questionnaire distributed via Google Forms, while nutritional status was assessed using BMI based on anthropometric measurements. Statistical analysis was performed using the Chi-square test.

Results: Most respondents experienced academic stress (52.7%) and were categorized as having a moderate level of stress (72.7%), as well having a normal nutritional status (63.2%). Based on the statistical analysis, no significant correlation was found between academic stress and nutritional status (p -value > 0.05).

Conclusion: There is no significant correlation between academic stress and nutritional status among students at Universitas Gadjah Mada.

Keywords: Nutritional Status, Academic Stress, Body Mass Index, University Students