

ABSTRAK

Latar Belakang: Prevalensi depresi di Indonesia pada kelompok umur 15-24 tahun menyumbang angka sebesar 6,2%. Permasalahan depresi umum dirasakan oleh mahasiswa, khususnya pada mahasiswa yang berkuliah di bidang kesehatan dengan adanya korelasi positif dengan stres akademik. Strategi koping yang sering dilakukan oleh mahasiswa untuk mengatasi stres yang dirasakan yaitu konsumsi makanan yang tidak sehat. Menggunakan makanan sebagai strategi koping disfungsi untuk mengurangi stres dikenal dengan istilah *emotional eating*. Penelitian ini dilakukan untuk mengetahui *emotional eating* sebagai moderator pengaruh persepsi stres akademik dengan gejala depresi pada mahasiswa FK-KMK UGM.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan desain *cross sectional* yang dilakukan pada mahasiswa sarjana FK-KMK UGM. Jumlah sampel sebanyak 416 orang yang tersebar pada angkatan/tahun pendidikan 2021-2024. Kuesioner yang digunakan untuk mengukur gejala depresi menggunakan *Beck Depression Inventory II* (BDI II), mengukur persepsi stres akademik menggunakan kuesioner *Perception of Academic Stress* (PAS), dan mengukur *emotional eating* menggunakan kuesioner *Emotional Eating Scale* (EES). Teknik pengambilan sampel dengan *convenience sampling* dan data dikumpulkan menggunakan kuesioner *online* dengan *google form* yang disebar melalui grup Whatsapp dan Line. Data dianalisis menggunakan regresi logistik ordinal sederhana dan regresi logistik ordinal berganda. Uji moderasi dilakukan dengan melakukan uji interaksi dan uji stratifikasi.

Hasil : Hasil analisis deskriptif menunjukkan 58,2% mahasiswa berada pada gejala depresi minimal. Persepsi stres akademik yang tinggi berhubungan signifikan dengan gejala depresi [AOR: 4,35 CI 95%: 2,068-9,149], namun *emotional eating* tidak signifikan dan tidak terbukti sebagai moderator antara persepsi stres akademik dengan gejala depresi. Variabel lain yang signifikan memengaruhi gejala depresi yaitu jenis kelamin, *primary appraisal*, *secondary appraisal*, dan dukungan sosial.

Kesimpulan : *Emotional eating* tidak berperan sebagai moderator antara persepsi stres akademik dengan gejala depresi pada mahasiswa FK-KMK UGM.

Kata kunci: stres akademik, *emotional eating*, gejala depresi, strategi koping, mahasiswa.

ABSTRACT

Background: The prevalence of depression among individuals aged 15–24 in Indonesia is 6.2%. Depression is a common issue among university students, particularly those in health-related programs, with a positive correlation found between academic stress and depressive symptoms. One common coping strategy used by students to deal with stress is the consumption of unhealthy foods. Using food as a dysfunctional coping strategy to reduce stress is known as emotional eating. This study aims to examine emotional eating as a moderator in the relationship between academic stress perception and depressive symptoms among students at FK-KMK UGM.

Methods: This quantitative study employed a cross-sectional design involving undergraduate students at FK-KMK UGM. A total of 416 students from the 2021–2024 academic years participated in the study. The questionnaire used to measure depressive symptoms was the Beck Depression Inventory II (BDI-II); academic stress perception was assessed using the Perception of Academic Stress (PAS) questionnaire; and emotional eating was measured using the Emotional Eating Scale (EES). A convenience sampling technique was employed, and data were collected through an online questionnaire distributed via WhatsApp and LINE groups using Google Forms. The data were analyzed using simple ordinal logistic regression and multiple ordinal logistic regression. Moderation analysis was conducted through interaction tests and stratified analysis.

Results: Descriptive analysis showed that 58.2% of students reported minimal depressive symptoms. High academic stress perception was significantly associated with depressive symptoms [AOR: 4.35; 95% CI: 2.068–9.149], whereas emotional eating was not statistically significant and did not moderate the relationship between academic stress perception and depressive symptoms. Other variables that significantly influenced depressive symptoms included gender, primary appraisal, secondary appraisal, and social support.

Conclusion: Emotional eating did not serve as a moderator in the relationship between academic stress perception and depressive symptoms among students at FK-KMK UGM.

Keywords: academic stress, emotional eating, depressive symptoms, coping strategy, university students.