



## INTISARI

**Latar Belakang:** Mahasiswa kesehatan merupakan kelompok yang rentan untuk mengalami stres akademik yang dapat memengaruhi kesehatan fisik maupun psikologi. Salah satu dampak dari stres akademik yaitu *emotional eating*. Penelitian yang meneliti hubungan stres akademik dengan *emotional eating* pada mahasiswa kesehatan belum banyak dilakukan.

**Tujuan Penelitian:** Mengetahui hubungan antara stres akademik dengan perilaku *emotional eating* pada mahasiswa kesehatan.

**Metode:** Penelitian ini merupakan penelitian kuantitatif dengan jenis penelitian analitik korelasional dan desain penelitian *cross-sectional* dilakukan pada bulan Oktober-November 2025 dengan sampel penelitian mahasiswa S1 FK-KMK UGM yang berjumlah 140 mahasiswa. Instrumen yang digunakan yaitu *Perceived Sources of Academic Stress* (PSAS) oleh Bedewy & Gabriel (2015) dan *Dutch Eating Behavior Questionnaire* (DEBQ) sub-skala *emotional eating* oleh Van Strien et al. (1986). Analisis bivariat dilakukan menggunakan uji *Pearson Correlation*.

**Hasil:** Mayoritas mahasiswa FK-KMK UGM mengalami stres akademik tingkat sedang ( $53,59 \pm 7,852$ ) dan *emotional eating* tingkat rendah ( $35,14 \pm 11,802$ ). Terdapat perbedaan *emotional eating* yang signifikan berdasarkan program studi ( $p\text{-value} = 0,002$ ). Nilai koefisien korelasi antara stres akademik dengan perilaku *emotional eating* yang diperoleh yaitu 0,323 dengan nilai  $p\text{-value} = 0,000 (<0,05)$ .

**Kesimpulan:** Stres akademik memiliki hubungan positif dan korelasi lemah dengan *emotional eating* pada mahasiswa FK-KMK UGM.

**Kata Kunci:** *emotional eating*, mahasiswa kesehatan, stres akademik



## ABSTRACT

**Background:** Health students are a group that is vulnerable to academic stress, which can affect their physical and psychological health. One of the effects of academic stress is emotional eating. There have been few studies examining the relationship between academic stress and emotional eating in health students.

**Objective:** To determine the relationship between academic stress and emotional eating behavior in health students.

**Methods:** This study is a quantitative study with a correlational analytical research type and a cross-sectional research design conducted in October-November 2025 with a sample of 140 undergraduate students from the Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada. The instruments used were the Perceived Sources of Academic Stress (PSAS) by Bedewy & Gabriel (2015) and the Dutch Eating Behavior Questionnaire (DEBQ) emotional eating subscale by Van Strien et al. (1986). Bivariate analysis was performed using Pearson Correlation tests.

**Results:** The majority of FK-KMK UGM students experienced academic stress moderate levels ( $53,59 \pm 7,852$ ) and low levels of emotional eating ( $35,14 \pm 11,802$ ). There was a significant difference in emotional eating based on study program ( $p$ -value = 0,002). The correlation coefficient between academic stress and emotional eating behavior was 0,323 with a  $p$ -value = 0,000 ( $<0,05$ ).

**Conclusion:** Academic stress has a positive and weak correlation with emotional eating among FK-KMK UGM students.

**Keywords:** academic stress, emotional eating, health students