

Peran Regulasi Emosi terhadap *Emotional Eating* pada Mahasiswa Universitas Gadjah Mada

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Abstrak. *Emotional eating* adalah kecenderungan seseorang untuk makan sebagai respons terhadap emosi negatif. Perilaku ini dapat terjadi pada mahasiswa yang tidak bisa mengatasi emosi negatif akibat tekanan psikologis. Salah satu faktor yang memprediksi *emotional eating* adalah strategi regulasi emosi. Regulasi emosi yang adaptif dapat mengurangi kecenderungan *emotional eating*, sementara regulasi emosi maladaptif cenderung memperkuatnya. Penelitian ini bertujuan untuk mengkaji peran regulasi emosi terhadap *emotional eating* pada mahasiswa Universitas Gadjah Mada. Penelitian ini menggunakan pendekatan kuantitatif, serta melibatkan 196 partisipan mahasiswa UGM yang dipilih secara *purposive*. Instrumen yang digunakan mencakup subskala *emotional eating* pada *Dutch Eating Behavior Questionnaire* (DEBQ) dan *Emotion Regulation Questionnaire* (ERQ). Analisis data dilakukan melalui regresi linear berganda. Hasil penelitian menunjukkan bahwa *cognitive reappraisal* berperan signifikan terhadap *emotional eating*, sedangkan *expressive suppression* tidak berperan signifikan.

Kata Kunci: *Emotional Eating, Regulasi Emosi, Mahasiswa, Universitas Gadjah Mada*

Abstract. *Emotional eating* is the tendency to eat in response to negative emotions. This behavior can occur among university students who struggle to manage negative emotions due to psychological stress. One factor that predicts emotional eating is emotion regulation. Adaptive emotion regulation can reduce the tendency for emotional eating, whereas maladaptive strategies tend to increase it. This study aimed to examine the role of emotion regulation in emotional eating among students at Universitas Gadjah Mada. A quantitative approach was employed, involving 196 purposively selected UGM students. The instruments used included the emotional eating subscale of the *Dutch Eating Behavior Questionnaire* (DEBQ) and the *Emotion Regulation Questionnaire* (ERQ). Data were analyzed using multiple linear regression. The results indicated that *cognitive reappraisal* significantly predicted emotional eating, while *expressive suppression* did not have a significant effect.

Keywords: *Emotional Eating, Emotion Regulation, Students, Universitas Gadjah Mada*