



## **EATING FREQUENCY AND SLEEP DISTURBANCE IN RELATION TO DEPRESSION AMONG YOUNG ADULT WOMEN IN INDONESIA**

*Raniar Imania Putri<sup>1</sup>, Fuad Hamsyah<sup>2</sup>*

Faculty of Psychology UGM

[raniarimaniaputri99@gmail.com](mailto:raniarimaniaputri99@gmail.com)<sup>1</sup>, [fuadhamsyah@ugm.ac.id](mailto:fuadhamsyah@ugm.ac.id)<sup>2</sup>

**Abstract.** Depression was revealed as a significant and growing public health problem, with high prevalence among young adult women. Prior studies suggest that lifestyle plays a role towards one's mental health, which thus creates a possibility for the tendency of depression. Present study aims to discover whether there is a relationship between eating frequency and sleep disturbance as part of lifestyle towards depression tendency among young adult women in Indonesia. We used data from the Indonesian Family Life Survey Wave 5 (IFLS-5) with 2,954 samples. Our study suggests that eating frequency and sleep disturbance is in relation and plays a role towards depression tendency. Less frequency of eating showed positive relation with depression tendency while sleep disturbance also showed the same. Though the findings are essential, this topic should and needs to be further explored as a reference in creating the appropriate solution in reducing and preventing depression tendency among young adult women in Indonesia.

**Key words:** *Depression, Depression Tendency, Eating Frequency, Sleep Disturbance, Young Adult Women.*