

INTISARI

Hubungan Antara Toleransi Stres dengan Pola Makan pada Remaja di Yogyakarta

Latar Belakang: Salah satu faktor penting penyebab obesitas adalah stres, baik karena faktor pendidikan maupun lingkungan. Selama periode stres, seseorang akan mengalami perubahan pola makan. Makan berlebih merupakan respon terhadap ketegangan emosional yang tidak spesifik. Jika hal tersebut berlangsung secara terus menerus, maka semakin tinggi resiko untuk menjadi obesitas bagi individu non obes dan dapat memperparah kondisi obesitas bagi individu yang mengalami obesitas, sehingga semakin tinggi resiko terhadap penyakit kronik

Tujuan Penelitian: Untuk mengetahui perbedaan toleransi stres dan pola makan berdasarkan jenis kelamin dan status obesitas serta untuk mengetahui hubungan antara toleransi stres dengan pola makan pada remaja di Yogyakarta.

Metode: Studi *cross sectional* dilakukan pada 375 siswa kelas X dan XI baik obes maupun non obes di 5 SMA wilayah kota Yogyakarta. Teknik pengambilan sampel dilakukan secara random hingga memenuhi kuota sampel yang dibutuhkan. Responden diukur tinggi badan dan berat badan untuk mengetahui status gizi. Selain itu, responden juga diminta untuk mengisi kuesioner *Miller Smith Rating Scale for Stress Tolerance* (MSRS-ST) dan *Semi Quantitative Food Frequency Questionnaire* (SQ-FFQ). Analisis data menggunakan uji *independent sample t-test* dan uji *Mann-Whitney* untuk mengetahui perbedaan toleransi stres dan pola makan berdasarkan jenis kelamin dan status obesitas. Adapun uji *One-way ANOVA* dan uji *Kruskal-Wallis* untuk mengetahui hubungan antara toleransi stres dengan pola makan. Hasil dikatakan bermakna jika $p < 0,05$.

Hasil Penelitian: Tidak terdapat perbedaan toleransi stres berdasarkan jenis kelamin ($p = 0,551$) dan status obesitas ($0,627$). Tidak terdapat perbedaan pola makan berdasarkan jenis kelamin (% asupan energi ($p = 0,432$), % asupan protein ($p = 0,717$), % asupan lemak ($p = 0,112$), dan % asupan karbohidrat ($p = 0,206$)) dan status obesitas (% asupan energi ($p = 0,106$), % asupan protein ($p = 0,880$), % asupan lemak ($p = 0,340$), dan % asupan karbohidrat ($p = 0,415$)). Terdapat hubungan antara toleransi stres dengan pola makan (% asupan energi ($p = 0,021$), % asupan lemak ($p = 0,012$), dan % asupan karbohidrat ($p = 0,022$)).

Kesimpulan: Tidak terdapat perbedaan toleransi stres dan pola makan berdasarkan jenis kelamin. Sedangkan, terdapat hubungan antara toleransi stres dengan pola makan (asupan energi, lemak dan karbohidrat) pada remaja di Yogyakarta.

Kata Kunci: Toleransi stres, asupan makanan, remaja

ABSTRACT

The Correlation between Stress Tolerance and Eating Pattern in Adolescent in Yogyakarta

Background: One of the causes of obesity is stress, either school related or other environment related problems. When someone is in stress condition, they will encounter changes in eating pattern. Excessive eating is a way to response non specific emotional stress. If this eating pattern continuously occurs, it will increase the obesity risk in non obese people and worsening the obese condition in obese people, further it will increase the risk of chronic diseases.

Objectives: To find out stress tolerance and eating pattern differences based on sex and obesity status. Also, to find out the correlation between stress tolerance and eating pattern in adolescent in Yogyakarta.

Method: Of 375 grade 10 and 11 students, either obese or non obese, in 5 high schools in Yogyakarta were joined this cross sectional study. Randomized sampling method was used to meet the number of sample needed. Height and weight of subjects were measured to determine nutritional status. Subjects were also asked to fill Miller Smith Rating Scale for Stress Tolerance (MSRS-ST) and Semi Quantitative Food Frequency Questionnaire (SQ-FFQ) questionnaire. Data were analyzed using independent sample t-test and Mann-Whitney test to know stress tolerance and eating pattern differences based on sex and obesity status. One-way ANOVA test and Kruskal-Wallis test were used to know the correlation between stress tolerance and eating pattern. The results were significant if $p < 0,05$.

Results: There is no stress tolerance difference based on sex ($p = 0,551$) and obesity status ($0,627$). There is also no eating pattern difference based on sex (% energy intake ($p = 0,432$), % protein intake ($p = 0,717$), % fat intake ($0,112$), and % carbohydrate intake ($p = 0,206$)) and obesity status (% energy intake ($p = 0,106$), % protein intake ($p = 0,880$), % fat intake ($0,340$), and % carbohydrate intake ($p = 0,415$)). We found a correlation between stress tolerance and eating pattern (% energy intake ($p = 0,021$), % fat intake ($p = 0,012$), and % carbohydrate intake ($p = 0,022$)).

Conclusions: There is no stress tolerance and eating pattern differences based on sex. But, we found a correlation between stress tolerance and eating pattern (energy, fat, and carbohydrate intake) in adolescent in Yogyakarta.

Key Words: Stress tolerance, food intake, adolescent