

HUBUNGAN STRES AKADEMIK TERHADAP PERILAKU *EMOTIONAL EATING* PADA MAHASISWA TINGKAT AKHIR DI POLTEKKES KEMENKES YOGYAKARTA

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ABSTRAK

Latar Belakang: Saat menyusun tugas akhir mahasiswa kerap sekali mengalami beberapa kesulitan atau hambatan dan bisa mengarah pada stresor negatif. Penelitian yang dilakukan oleh Harvard Mental Health Latter, stres dapat menstimulasi otak dan merangsang kelenjar adrenal untuk melepaskan hormon kortisol yang berfungsi untuk meningkatkan nafsu makan. Perilaku makan berlebih saat emosi juga dikenal dengan istilah emotional eating. Berdasarkan studi pendahuluan yang dilakukan dengan pada 30 mahasiswa, 12 orang mengalami perilaku emotional eating ringan, 14 orang mengalami perilaku emotional eating sedang, 3 orang mengalami perilaku emotional eating berat dan 1 orang mengatakan mengalami perilaku emotional eating sangat berat.

Tujuan: Mengetahui adanya hubungan stres akademik terhadap perilaku *emotional eating* pada Mahasiswa Tingkat Akhir Program Studi Diploma III di Poltekkes Kemenkes Yogyakarta.

Metode: Jenis penelitian kuantitatif dengan metode studi korelasi, populasi dari mahasiswa tingkat akhir Program Studi Diploma III di Poltekkes Kemenkes Yogyakarta yang mengerjakan tugas akhir dan sampel yang diambil menggunakan *non-probability sampling* dengan teknik *purposive sampling*.

Hasil: Tingkat stres akademik mahasiswa tingkat akhir di Poltekkes Kemenkes Yogyakarta sebagian besar berada pada tingkat stres akademik ringan 40,7%, perilaku *emotional eating* sebagian besar menunjukkan perilaku *emotional eating* tingkat sedang 58,04%. Hasil uji korelasi *Pearson Product Moment* antara variabel stres akademik dengan perilaku *emotional eating* didapatkan nilai $\rho=0,154$, $r=0,243$ yang berarti H_1 diterima.

Kesimpulan: Terdapat hubungan yang signifikan antara stres akademik dengan perilaku *emotional eating* pada mahasiswa tingkat akhir di Poltekkes Kemenkes Yogyakarta dengan tingkat keeratan yang sangat rendah ($\rho=0,154$, $r=0,243$) serta arah hubungan yang positif.

Kata Kunci : Stres Akademik, *Emotional Eating*, Mahasiswa

THE RELATIONSHIP OF ACADEMIC STRESS TO EMOTIONAL EATING BEHAVIOR IN FINAL LEVEL STUDENTS AT THE HEALTH POLYTECHNIC OF THE MINISTRY OF HEALTH YOGYAKARTA

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ABSTRACT

Background: When compiling a final project, students often experience several difficulties or obstacles and can lead to negative stressors. Research conducted by Harvard Mental Health Latter, stress can stimulate the brain and stimulate the adrenal glands to release the hormone cortisol which functions to increase appetite. Excessive eating behavior when emotional is also known as emotional eating. Based on a preliminary study conducted with 30 students, 12 people experienced mild emotional eating behavior, 14 people experienced moderate emotional eating behavior, 3 people experienced severe emotional eating behavior and 1 person said they experienced very severe emotional eating behavior.

Objective: To find out the relationship between academic stress and emotional eating behavior at the Final Level Students of the Diploma III Study Program at the Health Polytechnic Of The Ministry Of Health Yogyakarta.

Methods: This type of research is quantitative with correlation study method, the population of final level students of diploma study program at The Health Polytechnic Of The Ministry Of Health Yogyakarta who is doing the final project and the sample is taken using non-probability sampling with purposive sampling technique.

Results: The level of academic stress of final year students at the Health Polytechnic of the Ministry of Health Yogyakarta, is mostly at a mild academic stress level 40.7%, emotional eating behavior mostly shows moderate emotional eating behavior 58.04%. The results of the Pearson product moment correlation test between academic stress variables and emotional eating behavior obtained a value of = 0.154, r = 0.243 which means h1 is accepted.

Conclusion: There is a significant relationship between academic stress and emotional eating behavior in final year students at The Health Polytechnic Of The Ministry Of Health Yogyakarta with a very low level of closeness ($p = 0.154$, $r = 0.243$) and the direction of the relationship is positive.

Keywords: Academic Stress, Emotional Eating, Student