

SKRIPSI

**GAMBARAN *EMOTIONAL EATING* BERDASARKAN TINGKAT STRES
PADA MAHASISWA TINGKAT AWAL DAN AKHIR PROGRAM A S1
FAKULTAS KEPERAWATAN UNIVERSITAS ANDALAS**

Penelitian Keperawatan Jiwa



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Gambaran *Emotional Eating* Berdasarkan Tingkat Stres Pada Mahasiswa Tingkat Awal Dan Akhir Program A S1 Fakultas Keperawatan Universitas Andalas

ABSTRAK

Mahasiswa merupakan kelompok yang rentan mengalami stres, khususnya pada mahasiswa tingkat awal dan akhir. Stres dapat mengakibatkan perilaku *emotional eating*. *Emotional eating* merupakan dorongan untuk makan dan cenderung makan berlebihan ketika ada respon dari emosi negative seperti stres. *Emotional eating* cenderung dijadikan sebagai salah satu bentuk mekanisme koping stres yang bersifat maladaptive oleh mahasiswa. Tujuan penelitian ini untuk mengetahui gambaran *emotional eating* berdasarkan tingkat stres pada mahasiswa tingkat awal dan akhir Program A S1 Fakultas Keperawatan Universitas Andalas. Jenis penelitian ini adalah deskriptif kuantitatif dengan metoda cross sectional. Jumlah sampel 82 orang mahasiswa dengan teknik pengambilan sampel *proportionate random sampling*. Instrumen penelitian yang digunakan adalah *Eating and Apraisal Due to Emotions and Stres* (EADES) untuk *emotional eating* dan *Student-life Stres Investory* (SSI) untuk stres. Hasil penelitian ini menunjukkan hampir setengah responden (48,8%) memiliki perilaku *emotional eating* dan perilaku *emotional eating* ditemukan pada setengah responden (50%) dengan tingkat stres berat, sebagian besar responden (56,1%) dengan tingkat stres sedang dan sebagian kecil responden (20%) dengan tingkat stres ringan. Diharapkan agar mahasiswa dapat melakukan pencegahan hingga mengontrol stresnya sehingga tidak menimbulkan perilaku *emotional eating*, serta dapat menjaga perilaku makannya meskipun dalam kondisi stres.

Kata kunci : *emotional eating*, stres, koping, mahasiswa

Daftar Pustaka : 75 (2005-2022).

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An Overview of Emotional Eating Based on Stress Levels in Students at the Beginning and End Off the A S1 Program, Faculty of Nursing, Andalas University

ABSTRACT

Students are a group that is prone to stress, especially in early and final year students. Stress can lead to emotional eating behavior. Emotional eating is an urge to eat and tends to overeat when there is a response from negative emotions such as stress. Emotional eating tends to be used as a form of maladaptive stress coping mechanisms by students. The purpose of this study was to determine the description of emotional eating based on stress levels in students at the beginning and end of the A S1 Program, Faculty of Nursing, Andalas University. This type of research is descriptive quantitative with cross sectional method. The sample size is 82 students with proportionate random sampling. The research instruments used were Eating and Appraisal Due to Emotions and Stress (EADES) for emotional eating and Student-life Stress Inventory (SSI) for stress. The results of this study indicate that almost half of respondents (48.8%) have emotional eating behavior and emotional eating behavior is found in half of respondents (50%) with severe stress levels, most respondents (56.1%) with moderate stress levels and a small proportion respondents (20%) with mild stress levels. It is hoped that students can take precautions to control their stress so that it does not cause emotional eating behavior, and can maintain their eating behavior even in stressful conditions.

Keywords: emotional eating, stress, coping, students

Bibliography : 75 (2005-2022).