



UNIVERSITAS ANDALAS

**HUBUNGAN ASUPAN ENERGI, *EMOTIONAL EATING* DAN UANG SAKU
TERHADAP STATUS GIZI MAHASISWA FAKULTAS KESEHATAN
MASYARAKAT UNIVERSITAS ANDALAS**

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**Diajukan Sebagai Pemenuhan Syarat Untuk
Mendapatkan Gelar Sarjana Gizi**

**PROGRAM STUDI GIZI
FAKULTAS KESEHATAN MASYARAKAT
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**FAKULTAS KESEHATAN MASYARAKAT
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**HUBUNGAN ASUPAN ENERGI, *EMOTIONAL EATING*, DAN UANG SAKU DENGAN
STATUS GIZI MAHASISWA FAKULTAS KESEHATAN MASYARAKAT
UNIVERSITAS ANDALAS**

vii + 67 Halaman, 9 tabel, 4 gambar, 7 lampiran

ABSTRAK

Tujuan

Status Gizi merupakan kondisi tubuh yang disebabkan akibat konsumsi makanan dan penggunaan zat-zat gizi di dalam tubuh. Asupan energi, *emotional eating* dan besar uang saku merupakan faktor yang dapat mempengaruhi status gizi. Penelitian ini bertujuan untuk mengetahui hubungan antara asupan energi, *emotional eating* dan besar uang saku terhadap status gizi pada Mahasiswa Fakultas Kesehatan Masyarakat Universitas Andalas.

Metode

Penelitian ini menggunakan desain *cross sectional*. Sampel penelitian ini sebanyak 77 orang Mahasiswa Fakultas Kesehatan Masyarakat Universitas Andalas yang diambil dengan teknik *Simple Random Sampling*. Data dikumpulkan dengan wawancara dan pengisian kuisioner. Data dianalisis secara univariat dan bivariat. Analisis bivariat menggunakan uji *pearson* dan *spearman*.

Hasil

Hasil penelitian ini menunjukkan sebanyak 77,9% Mahasiswa memiliki status gizi normal dan sebanyak 22,1% memiliki status gizi lebih. Sebanyak 50,6% Mahasiswa memiliki asupan energi cukup dan sebanyak 49,4% Mahasiswa memiliki asupan energi kurang. Sebanyak 62,3% Mahasiswa tidak mengalami *emotional eating* dan sebanyak 51,9% Mahasiswa memiliki uang saku dengan kategori besar. Terdapat hubungan yang bermakna antara asupan energi (p -value= 0,001), *emotional eating* (p -value= 0,001), dan uang saku (p -value= 0,006) dengan status gizi mahasiswa fakultas kesehatan masyarakat universitas andalas.

Kesimpulan

Asupan energi, *emotional eating*, dan uang saku memiliki hubungan yang bermakna dengan korelasi positif terhadap status gizi mahasiswa fakultas kesehatan masyarakat universitas andalas.

Daftar Pustaka : 60 (2012-2022)

Kata Kunci : Asupan energi, *emotional eating*, status gizi, uang saku.

**FACULTY OF PUBLIC HEALTH
ANDALAS UNIVERSITY**

**Undergraduate Thesis, Februari 2023
RISKA YULISTIA, No. BP. 1811221019**

THE RELATIONSHIP OF ENERGY INTAKE, EMOTIONAL EATING AND POCKET MONEY ON THE NUTRITIONAL STATUS IN STUDENT OF THE FACULTY OF PUBLIC HEALTH ANDALAS UNIVERSITY
vii + 67 pages, 9 tables, 4 pictures, 7 appendices

ABSTRACT

Objective

Nutritional status is a condition of the body caused by consumption of food and use of nutrients in the body. Energy intake, emotional eating and pocket money are factors that can affect nutritional status. This study aims to determine the relationship between energy intake, emotional eating and the amount of pocket money on the nutritional status of students at the Faculty of Public Health, University of Andalas.

Method

This study used a cross sectional design. The sample of this study was 77 students of the Faculty of Public Health, Andalas University, who were taken using the Simple Random Sampling technique. Data was collected by interviews and filling out questionnaires. Data were analyzed by univariate and bivariate. Bivariate analysis using the Pearson and Spearman tests.

Result

The results of this study showed that 77,9% of students had normal nutritional status and 22,1% had more nutritional status. As many as 50,6% of students have sufficient energy intake and as many as 49,4% of students have less energy intake. As many as 62,3% of students not experience emotional eating and as many as 51,9% of students have large categories of pocket money. There is a significant relationship between energy intake (p-value = 0.001), emotional eating (p-value = 0.001), and pocket money (p-value = 0.006) with the nutritional status of students of the Faculty of Public Health, Andalas University.

Conclusion

Energy intake, emotional eating, and pocket money have a significant relationship with a positive correlation to the nutritional status of students of the Faculty of Public Health, Andalas University.

References : 60 (2012-2022)

Keywords :Energy intake, emotional eating, nutritional status, pocket money.