

SKRIPSI

**HUBUNGAN STRESS AKADEMIK DAN *BODY IMAGE PERCEPTION*
DENGAN PERILAKU MAKAN PADA MAHASISWA
S1 KEPERAWATAN UNIVERSITAS ANDALAS
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Penelitian Keperawatan Jiwa



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Hubungan Stres Akademik dan *Body Image Perception* dengan Perilaku Makan
pada Mahasiswa S1 Keperawatan Universitas Andalas Tahun 2025

ABSTRAK

Mahasiswa berada pada fase kehidupan yang rentan terhadap perubahan pola dan perilaku makan. Tuntutan akademik serta persepsi terhadap citra tubuh dapat berperan dalam munculnya berbagai bentuk perilaku makan, seperti *emotional eating*, *external eating*, dan *restrained eating*, yang berimplikasi pada kesehatan dan performa belajar. Penelitian ini bertujuan menganalisis hubungan stres akademik dan *body image perception* dengan perilaku makan mahasiswa di Fakultas Keperawatan Universitas Andalas. Studi kuantitatif dengan desain *cross-sectional* ini melibatkan 261 responden yang dipilih melalui *proportional consecutive sampling* pada periode Oktober–Desember 2025. Tingkat stres akademik diukur menggunakan *Student Stress Inventory* (SSI), *body image perception* diukur menggunakan *Body Shape Questionnaire-8* (BSQ-8), serta perilaku makan diukur menggunakan *Dutch Eating Behavior Questionnaire* (DEBQ). Analisis data menggunakan uji korelasi Spearman's Rho. Hasil penelitian menunjukkan sebagian besar responden mengalami *moderate stress* (72,0%), hampir setengah responden (31,0%) tidak memiliki kekhawatiran (*no concern*) terhadap *body image perception* serta perilaku makan yang paling menonjol adalah *external eating* ($3,30 \pm 0,6$). Hasil uji statistik menunjukkan adanya hubungan signifikan antara stres akademik dan *body image perception* dengan perilaku makan ($p = 0,000$). Stres akademik berkorelasi positif dengan *emotional eating* ($r = 0,373$), *external eating* ($r = 0,265$), dan *restrained eating* ($r = 0,232$). Selain itu, *body image perception* juga berkorelasi positif dengan *emotional eating* ($r = 0,233$), *external eating* ($r = 0,278$), dan paling kuat dengan *restrained eating* ($r = 0,638$). Institusi pendidikan disarankan untuk menerapkan upaya promotif dan preventif melalui *screening* stres akademik terutama saat masa ujian, edukasi coping stres, promosi citra tubuh positif, serta pengelolaan pilihan dan paparan makanan di kampus guna mendukung perilaku makan sehat mahasiswa.

Kata Kunci : *body image*, perilaku makan, stres

Daftar Pustaka: 121 (1986-2025)

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The Relationship between Academic Stress and Body Image Perception with Eating Behavior among Undergraduate Nursing Students at Andalas University in 2025

ABSTRACT

Students are at a life stage vulnerable to changes in eating behaviors, including emotional eating, external eating, and restrained eating, which may be influenced by academic stress and body image perception and affect health and academic performance. This study aimed to analyze the relationship between academic stress, body image perception, and eating behavior among nursing students at the Faculty of Nursing, Universitas Andalas. A quantitative study with a cross-sectional design was conducted involving 261 respondents selected through proportional consecutive sampling between October and December 2025. Academic stress was measured using the Student Stress Inventory (SSI), body image perception was assessed using the Body Shape Questionnaire-8 (BSQ-8), and eating behavior was evaluated using the Dutch Eating Behavior Questionnaire (DEBQ). Data were analyzed using Spearman's Rho correlation test. The results showed that most respondents experienced moderate academic stress (72.0%). Nearly half of the respondents (31.0%) reported no concern regarding body image perception. External eating was identified as the most prominent eating behavior dimension, with a mean score of 3.30 ± 0.6 . Statistical analysis demonstrated significant relationships between academic stress and eating behavior, as well as between body image perception and eating behavior ($p = 0.000$). Academic stress was positively correlated with emotional eating ($r = 0.373$), external eating ($r = 0.265$), and restrained eating ($r = 0.232$). Similarly, body image perception showed positive correlations with emotional eating ($r = 0.233$), external eating ($r = 0.278$), and the strongest correlation with restrained eating ($r = 0.638$). Educational institutions are encouraged to implement academic stress screening, stress coping education, and positive body image promotion, particularly during examination periods, to support healthier eating behaviors among students.

Keywords : body image, eating behavior, stress

Bibliograph : 121 (1986-2025)