



UNIVERSITAS ANDALAS

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**HUBUNGAN KONSUMSI *ULTRA-PROCESSED FOOD*, *EMOTIONAL EATING*, DAN AKTIVITAS FISIK DENGAN STATUS GIZI MAHASISWI
ASRAMA UNIVERSITAS ANDALAS**

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

FAKULTAS KESEHATAN MASYARAKAT

UNIVERSITAS ANDALAS

PADANG, 2026

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UNIVERSITAS ANDALAS**

Skripsi, 21 Agustus 2026

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xii + 108 halaman, 16 tabel, 3 gambar, 9 lampiran

ABSTRAK

Tujuan Penelitian

Penelitian ini bertujuan untuk menganalisis hubungan antara konsumsi UPF, *emotional eating*, dan aktivitas fisik dengan status gizi mahasiswi asrama Universitas Andalas.

Metode

Penelitian kuantitatif dengan desain *cross-sectional* ini melibatkan 95 mahasiswi penghuni Asrama Universitas Andalas yang dipilih menggunakan *proportional random sampling*. Data dikumpulkan menggunakan SQ-FFQ, EEQ, dan IPAQ-SF, sedangkan status gizi ditentukan berdasarkan IMT menurut klasifikasi WHO Asia Pasifik. Analisis data menggunakan uji *Chi-square* ($\alpha=0,05$).

Hasil

Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki status gizi normal (56,8%), sedangkan 29,5% mengalami *underweight* dan 13,7% Gizi lebih. Sebagian besar responden memiliki frekuensi konsumsi *ultra-processed food* yang sering (95,8%), asupan energi *ultra-processed food* yang rendah (54,7%), *emotional eating* kategori sedang–tinggi (55,8%), dan aktivitas fisik ringan (65,3%). Hasil analisis bivariat menunjukkan terdapat hubungan yang signifikan antara frekuensi konsumsi *ultra-processed food* dengan status gizi ($p\text{-value} = 0,042$) dan *emotional eating* dengan status gizi ($p\text{-value} = 0,007$). Sebaliknya, asupan energi *ultra-processed food* ($p\text{-value} = 0,983$) dan aktivitas fisik ($p\text{-value} = 0,714$) tidak menunjukkan hubungan yang signifikan dengan status gizi.

Kesimpulan

Temuan penelitian menunjukkan kecenderungan masalah gizi kurang pada mahasiswi, dengan konsumsi UPF cenderung lebih tinggi pada kelompok dengan status gizi *underweight*. Hal ini menunjukkan pentingnya memperhatikan pola konsumsi pangan dalam upaya pencegahan masalah gizi pada mahasiswi..

Daftar pustaka : 102 (2005-2026)

Kata kunci : Aktivitas Fisik, *Emotional Eating*, Mahasiswi Asrama, Status Gizi, *Ultra-Processed Food*

**FACULTY OF PUBLIC HEALTH
ANDALAS UNIVERSITY**

Undergraduate Thesis, 21 August 2026

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**THE CORRELATION BETWEEN ULTRA-PROCESSED FOOD,
EMOTIONAL EATING, AND PHYSICAL ACTIVITY WITH
NUTRITIONAL STATUS OF FEMALE STUDENTS AT THE ANDALAS
UNIVERSITY DORMITORY**

xii + 108 pages, 16 tables, 3 figures, 9 appendices

ABSTRACT

Background:

This study aimed to analyze the relationship between UPF consumption, emotional eating, physical activity, and the nutritional status of female students living in the Universitas Andalas dormitory.

Methods:

This cross-sectional quantitative study involved 95 female students living in the Universitas Andalas dormitory selected by proportional random sampling. Data were collected using the SQ-FFQ, EEQ, and IPAQ-SF, while nutritional status was assessed using Body Mass Index (BMI) based on the WHO Asia-Pacific classification. Data were analyzed using the *Chi-square* test ($\alpha = 0.05$).

Results:

The results showed that the majority of respondents had normal nutritional status (56.8%), while 29.5% were underweight and 13.7% were overweight. Most respondents had a frequent frequency of ultra-processed food consumption (95.8%), low ultra-processed food energy intake (54.7%), moderate-to-high emotional eating (55.8%), and light physical activity (65.3%). Bivariate analysis showed significant associations between the frequency of ultra-processed food consumption and nutritional status (p -value = 0.042) and between emotional eating and nutritional status (p -value = 0.007). In contrast, ultra-processed food energy intake (p -value = 0.983) and physical activity (p -value = 0.714) were not significantly associated with nutritional status.

Conclusion:

The findings indicate a tendency toward undernutrition among female students, with UPF consumption tending to be higher among those with underweight status.

References : 102 (2005-2026)

Keywords : Emotional Eating, Female Dormitory Students, Nutritional Status, Physical Activity, Ultra-Processed Food