

ABSTRAK

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HUBUNGAN TINGKAT STRES AKADEMIK DAN PERILAKU *EMOTIONAL EATING* DENGAN STATUS GIZI PADA MAHASISWA TINGKAT AKHIR JURUSAN KEBIDANAN POLTEKKES KEMENKES SURABAYA

vii + 95 Halaman + 16 Tabel + 11 Lampiran

Tekanan akademis yang masif, pelaksanaan praktik lapangan, serta proses penyelesaian tugas akhir sering kali memicu stres akademik pada mahasiswa di tingkat akhir perkuliahan. Manifestasi stres tersebut berpotensi memengaruhi respons makan dalam bentuk *emotional eating*, yang pada gilirannya berdampak pada status gizi. Penelitian ini dimaksudkan guna menguji keterkaitan antara stres akademik dan kebiasaan *emotional eating* terhadap status gizi mahasiswa tingkat akhir di Jurusan Kebidanan Poltekkes Kemenkes Surabaya. Adapun metodologi yang diterapkan dalam riset ini yakni pendekatan observasional analitik dengan desain *cross-sectional*. Sampel dikumpulkan sebanyak 62 responden dari jenjang D3 Kebidanan serta Sarjana Terapan Kebidanan Poltekkes Kemenkes Surabaya. Pengukuran stres akademik dilakukan lewat skala PAS (*The Perception of Academic Stress Scale*), *emotional eating* dinilai melalui instrumen DEBQ (*Dutch Eating Behaviour Questionnaire*), dan status gizi ditentukan berdasarkan indikator IMT. Data yang diperoleh dianalisis secara univariat dan bivariat memanfaatkan uji *Spearman's rho* pada tingkat kepercayaan 95% ($\alpha = 0,05$). Karakteristik responden yang ditemukan meliputi status gizi normal sebesar 50,0% (31 orang), stres akademik tingkat sedang sebesar 48,4% (30 orang), dan perilaku *emotional eating* rendah sebesar 53,2% (33 orang). Melalui uji *Spearman*, dibuktikan bahwa korelasi antara stres akademik dengan status gizi tidak bersifat signifikan ($\alpha = 0,485$), senada dengan korelasi antara *emotional eating* dengan status gizi yang juga tidak signifikan ($\alpha = 0,271$). Berdasarkan temuan penelitian, tidak ditemukan kaitan antara tingkat stres akademik ataupun *emotional eating* dengan status gizi mahasiswa tingkat akhir Jurusan Kebidanan Poltekkes Kemenkes Surabaya. Peneliti menyarankan mahasiswa untuk mengembangkan metode pengelolaan stres yang efektif serta mengadopsi pola hidup dengan gizi seimbang demi memelihara kesehatan tubuh.

Kata kunci: stres akademik, emotional eating, status gizi, mahasiswa tingkat akhir

ABSTRACT

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THE RELATIONSHIP BETWEEN ACADEMIC STRESS LEVELS AND EMOTIONAL EATING BEHAVIOR WITH NUTRITIONAL STATUS AMONG FINAL-YEAR STUDENTS OF THE MIDWIFERY DEPARTMENT AT POLTEKKES KEMENKES SURABAYA

vii + 95 Pages + 16 Tables + 11 Appendices

Massive academic pressure, field practice implementation, and the final project completion process frequently trigger academic stress among final-year undergraduate students. Manifestations of such stress potentially affect eating responses in the form of emotional eating, which in turn impacts nutritional status. This study aimed to analyze the association between academic stress and emotional eating habits on the nutritional status of final-year students in the Department of Midwifery at Health Polytechnic of Ministry of Health Surabaya. The methodology applied in this research was an analytical observational approach with a cross-sectional design. A sample of 62 respondents was gathered from the Associate Degree (D3) in Midwifery and Bachelor of Applied Science in Midwifery programs at Health Polytechnic of Ministry of Health Surabaya. Academic stress was measured using The Perception of Academic Stress Scale (PAS), emotional eating was assessed via the Dutch Eating Behaviour Questionnaire (DEBQ) instrument, and nutritional status was determined based on Body Mass Index (BMI) indicators. The collected data were analyzed using univariate and bivariate procedures employing the Spearman's rho test at a 95% confidence level ($\alpha = 0.05$). The identified respondent characteristics included a normal nutritional status of 50.0% (31 individuals), moderate academic stress of 48.4% (30 individuals), and low emotional eating behavior of 53.2% (33 individuals). Through the Spearman test, it was demonstrated that the correlation between academic stress and nutritional status was not significant ($\alpha = 0.485$), which aligns with the correlation between emotional eating and nutritional status that was likewise not significant ($\alpha = 0.271$). Based on the study findings, no association was found between the level of academic stress or emotional eating and the nutritional status of final-year students in the Department of Midwifery at Health Polytechnic of Ministry of Health Surabaya. Researchers recommend that students develop effective stress management methods and adopt a balanced nutritional lifestyle to maintain overall bodily health.

Keywords: academic stress, emotional eating, nutritional status, final-year students