

# Emotional Eating pada Mahasiswi Tingkat Akhir S1 Reguler Fakultas Kesehatan Masyarakat selama Pandemi COVID-19 Tahun 2021 = Emotional Eating Among Final Year Undergraduate Female Students of the Faculty of Public Health Universitas Indonesia During the COVID-19 Pandemic in 2021

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## Abstrak

Emotional eating didefinisikan sebagai kecenderungan untuk mengonsumsi makanan yang umumnya tinggi gula, garam, dan lemak, secara berlebihan, sebagai respons atas emosi negatif yang dirasakan. Emotional eating yang tidak terkontrol dapat meningkatkan risiko terjadinya perilaku makan menyimpang seperti bulimia nervosa dan binge-eating disorder, obesitas, penyakit kardiovaskuler, serta diabetes melitus tipe 2. Penelitian ini bertujuan untuk melihat hubungan antara persepsi stres, kecemasan, stresor perkuliahan, penggunaan media sosial, riwayat terkonfirmasi positif COVID-19 pada individu dan anggota keluarga, serta mindfulness dengan kejadian emotional eating pada 106 mahasiswi tingkat akhir S1 Reguler Fakultas Kesehatan Masyarakat Universitas Indonesia selama pandemi COVID-19. Penelitian ini adalah penelitian kuantitatif dengan desain studi cross-sectional. Hasil penelitian menunjukkan bahwa sebanyak 20,8% responden mengalami emotional eating. Terdapat perbedaan rata-rata skor yang signifikan antara penggunaan media sosial ( $p\text{-value} = 0,029$ ) dan observing facet ( $p\text{-value} = 0,032$ ) terhadap emotional eating. Individu dapat lebih mengenali pemicu dan coping strategies yang tepat untuk mengatasi emosi negatif, menggunakan media sosial secara bijak, serta menerapkan mindful eating. Pemerintah dapat lebih meningkatkan dukungan dan kolaborasi untuk meningkatkan kepedulian terhadap isu gangguan perilaku makan di masyarakat. Departemen Gizi FKM UI diharapkan dapat mencantumkan skrining perilaku makan menyimpang dalam salah satu aspek pengkajian riwayat asupan pada “Proses Asuhan Gizi Terstandar (PAGT)”.

.....Emotional eating is defined as the tendency to excessively consuming food which often high in sugar, salt, and fat levels in response to negative emotions. Uncontrolled emotional eating will increase the risk of eating disorders such as bulimia nervosa and binge-eating disorder, obesity, cardiovascular diseases, and type II diabetes. This study aims to find out about the relationship between perceived stress, anxiety, academic stressors, social media engagement, COVID-19 infection history, and mindfulness with emotional eating among 106 final year undergraduate female students of the Faculty of Public Health Universitas Indonesia during the COVID-19 pandemic in 2021. This cross-sectional quantitative study shows that there are about 20,8% of respondents who has an emotional eating tendency. There are significant differences between social media engagement ( $p\text{-value} = 0,029$ ) and observing facet ( $p\text{-value} = 0,032$ ) with emotional eating. Young adults should discover more about their triggers and positive coping strategies, use social media wisely, and eat mindfully. The government should enhance their supports and collaborations to raise awareness about the disordered eating behavior in the population. The Nutrition Department of FPH UI is suggested to include the “eating disorders screening” in the dietary history assessment aspect of the “Nutrition Care Process (NCP)”.