

Hubungan emotional eating dengan status gizi pada anak usia sekolah di Kota Depok = The relationship between emotional eating and nutritional status in School-Age children in Depok City

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Abstrak

Permasalahan status gizi pada anak usia sekolah 6-12 tahun di Kota Depok diketahui masih lazim terjadi, walaupun sudah banyak faktor teridentifikasi yang diduga menyebabkan masalah tersebut. Salah satu faktor yang mungkin menyebabkan permasalahan status gizi pada anak adalah Emotional Eating. Penelitian ini bertujuan untuk mengetahui hubungan Emotional Eating dengan Status Gizi pada anak usia sekolah di Kota Depok. Penelitian ini merupakan penelitian kuantitatif jenis observasional analitik dengan desain penelitian cross sectional kepada 443 anak yang didapat melalui teknik multiple stage cluster random sampling. Instrumen yang digunakan adalah kuesioner karakteristik responden, kuesioner Emotional Eater Questionnaire (EEQ), dan kuesioner Physical Activity Questionnaire for Children (PAQ-C)- Short Form. Hasil penelitian menggunakan uji Chi square menyimpulkan bahwa terdapat hubungan yang signifikan antara Emotional Eating dengan status gizi pada anak usia sekolah di Kota Depok ($P\text{value}=0,000; = 0,05$). Penelitian lanjutan dengan menggunakan metode eksplorasi retrospektif penting dilakukan untuk mengetahui gaya pengasuhan makan orang tua yang berdampak pada perilaku Emotional Eating pada anak di Indonesia.

.....The problems with nutritional status in school-age children aged 6-12 years in Depok City are still widespread, even though many factors have been identified which are thought to cause these problems. One factor that might cause nutritional status problems in children is Emotional Eating. This study aims to determine the relationship between Emotional Eating and Nutritional Status in school-aged children in Depok City. This research is an analytical observational quantitative research with a cross sectional research design for 443 children obtained through a multiple stage cluster random sampling technique. The instruments used were the respondent characteristics questionnaire, the Emotional Eater Questionnaire (EEQ), and the Physical Activity Questionnaire for Children (PAQ-C)- Short Form questionnaire. The results of the study using the Chi square test concluded that there was a significant relationship between Emotional Eating and nutritional status in school-aged children in Depok City ($P\text{value}=0.000; = 0.05$). Further research using a retrospective exploratory method is important to determine the parenting style of parents which has an impact on Emotional Eating behavior in children in Indonesia.