

Hubungan Stres, Media, Kebosanan, dan Faktor Lainnya dengan Eating Styles Mahasiswi Universitas Indonesia di Masa Pandemi COVID-19 Tahun 2021 = The Relationship Between Stress, Media, Boredom and Other Factors with The Eating Styles among Female Students of Universitas Indonesia During the COVID-19 Pandemic in 2021

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Abstrak

Pandemi COVID-19 yang terjadi membuat berbagai perubahan dalam kehidupan mahasiswi termasuk diantaranya adalah kondisi psikologis dan perilaku makan. Perilaku makan berdasarkan dengan kondisi psikologi biasa disebut sebagai eating styles dan terbagi menjadi tiga, yaitu restrained eating, emotional eating, dan external eating. Penelitian ini bertujuan untuk meneliti hubungan antara stres, penggunaan media, tingkat kebosanan, dan faktor lainnya dengan eating styles pada mahasiswi selama masa pandemi COVID-19. Dengan melibatkan 285 mahasiswi S1 Reguler Universitas Indonesia didapatkan bahwa stres dan kecenderungan gangguan perilaku makan berhubungan dengan restrained eating ($p\text{-value}=0,018$ dan $0,0005$), emotional eating ($p\text{-value}=0,002$ dan $0,0005$), dan external eating ($p\text{-value}=0,0005$ dan $0,004$). Sedangkan durasi penggunaan media sosial dan tingkat kebosanan hanya berhubungan dengan emotional eating ($p\text{-value}=0,001$ dan $0,0005$) dan external eating ($p\text{-value}=0,009$ dan $0,0005$). Sedangkan durasi penggunaan media sosial dan tingkat kebosanan hanya berhubungan dengan emotional eating ($p\text{-value}=0,001$ dan $0,0005$) dan external eating ($p\text{-value}=0,009$ dan $0,0005$) tidak dengan restrained eating ($p\text{-value}=0,480$ dan $0,053$). Berdasarkan rumpun keilmuan tidak ditemukan hubungan dengan ketiga eating styles namun ditemukan mahasiswa rumpun IPTEK memiliki rata-rata skor eating styles tertinggi dibandingkan rumpun keilmuan lainnya. Positif COVID-19 tidak berhubungan dengan ketiga eating styles sedangkan memiliki keluarga dengan riwayat positif COVID-19 berhubungan dengan skor restrained eating ($p\text{-value}=0,009$) yang lebih tinggi. Riwayat isolasi juga didapatkan berhubungan dengan restrained eating ($p\text{-value}=0,004$ 5) tidak dengan emotional eating ($p\text{-value}=0,289$) dan external eating ($p\text{-value}=0,133$).

The COVID-19 pandemic has made various changes in the lives of female students, including psychological conditions and eating behavior. Eating behavior based on psychological conditions is commonly referred as "Eating Styles" that divided into three, namely restrained eating, emotional eating, and external eating. This study aims to examine the relationship between stress, media use, boredom, and other factors with eating styles in female students during the COVID-19 pandemic. By involving 285 female students from regular bachelor program of University of Indonesia, it was found that stress and eating disorder was associated with restrained eating ($p\text{-value}=0,018$ and $0,0005$), emotional eating ($p\text{-value}=0,002$ and $0,0005$), and external eating ($p\text{-value}=0,0005$ and $0,004$). Meanwhile, the duration of using social media and the level of boredom were only related to emotional eating ($p\text{-value}=0,001$ and $0,0005$) and external eating ($p\text{-value}=0,009$ and $0,0005$), not to restrained eating ($p\text{-value}=0,480$ and $0,053$). Based on scientific clusters, no relationship was found with both eating styles, but it was found that students from the science and technology cluster had the highest average of eating styles scores compared to other clusters. Positive COVID-19 was not associated with the both eating styles whereas having a family member that positive COVID-19 was associated with higher restrained eating ($p\text{-value}=0,052$). Isolation was also found related to

restrained eating (p-value=0,004), not with emotional eating (p-value=0,289) and external eating (p-value=0,133).