

# HUBUNGAN *EMOTIONAL DISTRESS* DENGAN PERILAKU MAKAN DAN STATUS GIZI PADA MAHASISWA DI MASA PEMBELAJARAN DARING

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**ABSTRAK:** WHO (*World Health Organization*) telah menyatakan pandemi global yang diakibatkan oleh wabah Covid-19 yang menyebar luas sejak bulan Maret 2020. Dampak dari Covid-19 tidak hanya dialami oleh masyarakat, namun dialami juga oleh mahasiswa. Perkuliahan daring dipilih sebagai langkah untuk menerapkan protokol kesehatan dalam kegiatan belajar mengajar. Kendala yang dirasakan oleh mahasiswa saat perkuliahan daring yaitu paket kuota data, sinyal yang minim dan penugasan yang banyak dengan *deadline* yang pendek, dampak tersebut dapat menurunkan kesehatan mahasiswa, baik secara fisik maupun mental. Tujuan dari penelitian ini untuk mengetahui hubungan antara *emotional distress* dengan perilaku makan dan status gizi pada mahasiswa. Penelitian ini menggunakan desain *cross sectional* dengan metode *sample random sampling*, jumlah subjek yang digunakan yaitu 93 mahasiswa Universitas Sahid Jakarta. Data *emotional distress* diambil menggunakan kuesioner *Depression, Anxiety, and Stress Scale (DASS)*, data perilaku makan diukur menggunakan kuesioner *Dutch Eating Behaviour Questionnaire (DEBQ)*. Data dianalisis menggunakan uji *pearson*. Ditemukan sebagian besar subjek memiliki status gizi normal sebanyak 60 (64.5%) orang. Berdasarkan hasil analisis bivariat variabel *emotional distress terhadap perilaku makan* ternyata memiliki hubungan yang erat dengan nilai  $p$  0.000 atau  $p < 0.05$ . Begitupun, hubungan antara *emotional distress* dengan status gizi  $p$  0.046 yang artinya terdapat hubungan yang bermakna antara status gizi dan *emotional distress*.

**Kata kunci:** Pandemi, *emotional distress*, mahasiswa, perilaku makan dan status Gizi

**ABSTRACT:** WHO (*World Health Organization*) has declared a global pandemic caused by the Covid-19 outbreak that has spread widely since March 2020. The impact of Covid-19 is not only experienced by the community, but also experienced by students. Online lectures were chosen as a step to implement health protocols in teaching and learning activities. Constraints felt by students during online lectures are data quota packages, minimal signals and lots of assignments with short deadlines, these impacts can reduce student health, both physically and mentally. The purpose of this study was to determine the relationship between *emotional distress* with eating behavior and nutritional status in students. This study used a *cross sectional* design with a *random sampling* method, the number of subjects used were 93 students at Sahid University, Jakarta. *Emotional distress* data was taken using the *Depression, Anxiety, and Stress Scale (DASS)* questionnaire, eating behavior data was measured using the *Dutch Eating Behavior Questionnaire (DEBQ)*. Data were analyzed using *Pearson's test*. It was found that most of the subjects had normal nutritional status as many as 60 (64.5%) people. Based on the results of the bivariate analysis of the *emotional distress* variable on eating behavior, it turned out to have a close relationship with a  $p$  value of 0.000 or  $p < 0.05$ . Meanwhile, the relationship between *emotional distress* and nutritional status is  $p$  0.046, which means that there is a significant relationship between nutritional status and *emotional distress*. 18

**Keywords:** *Pandemic, emotional distress, college students, eating behavior, and nutritional status.*