

HUBUNGAN *EMOTIONAL EATING* DENGAN STATUS GIZI SISWA SMA SELAMA MASA PANDEMI COVID-19

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ABSTRAK: *Emotional eating* merupakan konsumsi makanan secara berlebih untuk mengatasi emosi negatif dan stres sehingga memiliki risiko kenaikan berat badan dan memengaruhi status gizi. Pandemi Covid-19 menyebabkan siswa SMA mengalami gangguan emosional karena perubahan yang terjadi termasuk proses belajar. Tujuan penelitian untuk mengetahui hubungan *emotional eating* dengan status gizi siswa SMA selama masa pandemi Covid-19. Rancangan penelitian adalah *cross-sectional* dengan jumlah responden 91 siswa. Pengambilan data dilakukan dengan menggunakan kuesioner PSS (*Perceived Stress Scale*), EEQ (*Emotional Eating Questionnaire*) dan FFQ (*Food Frequency Questionnaire*). Penelitian ini menggunakan metode analisis deskriptif dan analisis uji Spearman menggunakan aplikasi excel 2013 dan SPSS 20. Berdasarkan hasil penelitian ditemukan bahwa sebagian besar responden mengalami stres sedang sebanyak 77 responden (84%) responden yang termasuk *emotional eater* berjumlah 47 responden (51,6%) kebiasaan makan responden sebagian besar termasuk kategori sering pada setiap jenis makanan dan status gizi responden sebagian besar termasuk kategori baik berjumlah 71 responden (78%) Berdasarkan hasil analisis bivariat variabel *emotional eating* tidak terdapat hubungan yang signifikan dengan status gizi siswa SMAN 1 Megamendung dengan $p=0,638$ menunjukkan tidak terdapat hubungan yang signifikan antara *emotional eating* dengan status gizi.

Kata kunci: Covid-19, *emotional eating*, siswa SMA, status Gizi dan stres

ABSTRACT: Emotional eating is the excessive consumption of food to overcome negative emotions and stress so that it has a risk of gaining weight and affecting nutritional status. The Covid-19 pandemic has caused high school students to experience emotional disturbances because of the changes that have occurred, including the learning process. The research objective was to determine the relationship between emotional eating and the nutritional status of high school students during the Covid-19 pandemic. The research design was cross-sectional with 91 students as respondents. Data was collected using the PSS (Perceived Stress Scale) questionnaire, EEQ (Emotional Eating Questionnaire), and FFQ (Food Frequency Questionnaire). This research uses the descriptive analysis method and Spearman test analysis using Excel 2013 and SPSS 20 applications with a cross-sectional research design. Based on the results of the study it was found that most of the respondents experienced moderate stress as many as 77 respondents (84%) of respondents who were emotional eaters totaling 47 respondents (51.6%) of respondents eating habits were mostly included in the frequent category in each type of food and the nutritional status of most of the respondents including good category totaling 71 respondents (78%) Based on the results of the bivariate analysis of the variable emotional eating there was no significant relationship with the nutritional status of SMAN 1 Megamendung students with $p=0.638$ indicating that there is no significant relationship between emotional eating and nutritional status.