

ABSTRAK : Masa remaja dikategorikan sebagai masa yang rentan terkena masalah gizi, baik gizi kurang maupun gizi lebih. Faktor yang mempengaruhi kerentanan status gizi pada remaja yaitu peningkatan kebutuhan gizi, kebutuhan gizi khusus, dan perubahan gaya hidup dan perilaku makan remaja. Salah satu jenis perilaku makan yang kurang tepat, yaitu emotional eating. Berdasarkan penelitian terdahulu, emotional eating lebih sering terjadi pada wanita dibandingkan laki-laki. Penelitian ini bertujuan mengetahui hubungan antara emotional eating dengan status gizi remaja putri di SMAN 26 Jakarta. Desain penelitian ini menggunakan desain cross-sectional dengan populasi siswi SMAN 26 Jakarta. Sampel penelitian ini sebanyak 99 responden dengan menggunakan teknik purposive sampling. Data dianalisis menggunakan uji univariat dan bivariat dengan menggunakan uji chi-square. Hasil penelitian ini menunjukkan terdapat hubungan antara emotional eating dengan frekuensi makan (p 0,044), terdapat hubungan antara frekuensi makan dengan status gizi IMT/U (p 0,041), terdapat hubungan antara tingkat kecukupan protein dengan IMT/U (p 0,030), terdapat hubungan antara tingkat kecukupan karbohidrat dengan IMT/U (p 0,027), terdapat hubungan antara tingkat kecukupan energi dengan lingkaran perut (p 0,002), terdapat hubungan antara tingkat kecukupan protein dengan lingkaran perut (p 0,026), terdapat hubungan antara tingkat kecukupan lemak dengan lingkaran perut (p 0,014), dan terdapat hubungan antara tingkat kecukupan karbohidrat dengan lingkaran perut (p 0,05). Remaja putri diharapkan untuk lebih memperhatikan pola makan sesuai dengan pedoman gizi seimbang dan tidak melampiaskan perasaan emosional pada makanan.

Kata kunci: Emotional Eating, Pola Makan, Remaja Putri, Status Gizi, Tingkat Stres

ABSTRACT : Adolescence is categorized as a vulnerable period to nutritional problems, both undernutrition and over nutrition. Factors that influence nutritional status vulnerability in adolescents are increased nutritional needs, having special nutritional needs, and changes in lifestyle and eating behavior. One type of inappropriate eating behavior, is emotional eating. Based on previous research, emotional eating is more common in women than men. This study aims to determine the relationship between emotional eating and the nutritional status of female adolescents SMAN 26 Jakarta. This study used a cross-sectional design with a population of female students at SMAN 26 Jakarta. The sample of this research was 99 respondents using a purposive sampling technique. Data were analyzed using univariate and bivariate tests using the chi-square test. The results of this study showed that there was a relationship between emotional eating and eating frequency (p 0.044), there was a relationship between eating frequency and BMI/A nutritional status (p 0.041), there was a relationship between the level of protein adequacy and BMI/Age (p 0.030), there was a relationship between the level of adequacy of carbohydrates and BMI/U (p 0.027), there was a relationship between the level of adequacy of energy and abdominal circumference (p 0.002), there was a relationship between the level of adequacy of protein and abdominal circumference (p 0.026), there was a relationship between the level of adequacy of fat and circumference stomach (p 0.014), and there was a relationship between the level of carbohydrate adequacy and abdominal circumference (p 0.05). Female adolescents are expected to pay more attention to eating patterns, follow balanced nutrition guidelines and not vent their emotional feelings on food.

Keywords: Dietary Pattern, Emotional Eating, Female Adolescence, Nutritional Status, Stress Level