

**ABSTRAK :** Mahasiswa tingkat akhir memiliki tingkat stres akademik yang lebih tinggi dibandingkan dengan kelompok lainnya karena penyusunan tugas akhir. Stres dapat meningkatkan perilaku *emotional eating* sehingga dapat berdampak pada pola makan dan status gizi. Tujuan dari penelitian ini adalah untuk menganalisis hubungan stres akademik dan perilaku *emotional eating* terhadap pola makan serta pola makan terhadap status gizi. Desain penelitian ini adalah *cross sectional study*. Pemilihan subjek dilakukan dengan *purposive sampling*, yaitu sebanyak 82 orang. Hasil penelitian menunjukkan 42,7% subjek mengalami stres akademik tingkat sedang (*moderate*), 54,9% merupakan *very emotional eater*, 59,8% memiliki status gizi normal, dan rata-rata asupan zat gizi subjek energi 2.539,8 kkal, protein 90,6 gram, lemak 79,9 gram, dan karbohidrat 390,8 gram. Hasil uji *Chi-Square* menunjukkan terdapat hubungan yang signifikan antara tingkat stres dengan frekuensi makan (nilai  $p=0,001$ ) dan tingkat kecukupan lemak (nilai  $p=0,025$ ). Terdapat hubungan yang signifikan antara perilaku *emotional eating* dengan frekuensi makan (nilai  $p=0,012$ ), tingkat kecukupan energi (nilai  $p=0,043$ ), protein (nilai  $p=0,022$ ), dan lemak (nilai  $p=0,027$ ). Tingkat stres akademik dan perilaku *emotional eating* yang tinggi pada mahasiswa dapat mempengaruhi pola makan mahasiswa tetapi tidak mempengaruhi status gizi.

**Kata kunci:** Mahasiswa tingkat akhir, perilaku *emotional eating*, pola makan, status gizi, stres akademik

**ABSTRACT :** *Final year students have higher academic stress levels than the other group due to the preparation of the final project. Stress can increase emotional eating behavior thus impacting eating patterns and nutritional status. This study aims to analyze the relationship between academic stress level and emotional eating behavior on eating patterns and also eating patterns on nutritional status among final year students. This study used cross-sectional design with 82 students chosen by purposive sampling method. The results obtained that 42,7% subjects experienced moderate levels of academic stress, 54,9% experienced very emotional eater behavior, 59,8% have normal nutritional status, and the average energy intake of the subjects was 2.539,8 kcal, 90,6 grams of protein, 79,9 grams of fat, and 390,8 grams of carbohydrates. The result of Chi-Square test showed significant correlation between stress level with eating frequency ( $p\text{-value}=0,001$ ) and the level of adequacy of fat ( $p\text{-value}=0,025$ ). There is significant correlation between emotional eating behavior with eating frequency ( $p=0,012$ ), the level of adequacy of energy ( $p=0,043$ ), protein ( $p=0,022$ ), and fat ( $p=0,027$ ). High levels of academic stress and emotional eating behavior in students can influence students' eating patterns but does not affect their nutritional status.*

**Keywords:** *Final year students, emotional eating behavior, eating patterns, nutritional status, academic stress*