

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1-ILMU KEPERAWATAN
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Hubungan Kecemasan Dengan Gangguan Makan (*Eating Disorder*) Mahasiswa Ilmu Keperawatan Di Fakultas Ilmu Kesehatan Universitas Muhammadiyah Jember, 2025.

xviii + 95 Hal + 4 Bagan + 16 Tabel + 15 Lampiran

Abstrak

Latar Belakang: Kecemasan merupakan respons tubuh untuk bertahan hidup, namun jika berlangsung dalam intensitas tinggi dapat berdampak negatif terhadap kualitas hidup individu, termasuk memicu gangguan makan (*eating disorder*). Kecemasan pada mahasiswa dilatar belakangi oleh berbagai tuntutan akademik. Penelitian ini bertujuan untuk menganalisis hubungan kecemasan dengan gangguan makan pada mahasiswa Ilmu Keperawatan di Fakultas Ilmu Kesehatan Universitas Muhammadiyah Jember. **Metode:** Penelitian ini menggunakan desain deskriptif kuantitatif dengan metode *cross sectional*. Populasi penelitian adalah mahasiswa Ilmu Keperawatan angkatan 2024 sebanyak 170 orang, dengan teknik pengambilan sampel menggunakan *proportionate stratified random sampling*. Instrumen yang digunakan adalah kuesioner GAD-7 untuk mengukur kecemasan dan EDE-Q untuk menilai gangguan makan. **Hasil:** Hasil uji *Spearman Rank* menunjukkan terdapat hubungan signifikan antara kecemasan dan gangguan makan dengan nilai $p = 0,000$ ($<0,05$) dan koefisien korelasi (r) = 0,372 yang menunjukkan kekuatan hubungan cukup kuat. Hasil penelitian didapatkan 73,9% mahasiswa mengalami kecemasan tanpa gangguan makan, dan 26,1% mengalami kecemasan disertai gangguan makan. **Kesimpulan:** Terdapat hubungan cukup kuat antara kecemasan dengan gangguan makan pada mahasiswa Ilmu Keperawatan di Fakultas Ilmu Kesehatan Universitas Muhammadiyah Jember. **Saran:** Mahasiswa disarankan untuk dapat meningkatkan manajemen stres melalui aktivitas positif seperti bersosialisasi dengan orang sekitar. Penting juga untuk menjaga pola makan sehat dan mencari bantuan profesional bila mengalami gejala kecemasan atau gangguan makan.

Kata Kunci: Kecemasan, Gangguan Makan, Mahasiswa Keperawatan, Adaptasi Mahasiswa

Abstract

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Relationship of Anxiety with Eating Disorders in Nursing Students at the Faculty of Health Sciences University of Muhammadiyah Jember.

xviii + 95 Pages + 4 Charts + 16 Tables + 15 Appendices

Abstract

Background: Anxiety is the body's response to survival, but if it occurs in high intensity it can have a negative impact on an individual's quality of life, including triggering eating disorders. Anxiety in students is motivated by various academic demands. This study aims to analyze the relationship between anxiety and eating disorders in Nursing students at the Faculty of Health Sciences, University of Muhammadiyah Jember. **Method:** This study used a quantitative descriptive design with a cross-sectional method. The study population was 170 Nursing students class of 2024, with a sampling technique using proportional stratified random sampling. The instruments used were the GAD-7 questionnaire to measure anxiety and the EDE-Q to assess eating disorders. **Results:** The results of the Spearman Rank test showed a significant relationship between anxiety and eating disorders with a p value = 0.000 (<0.05) and a correlation coefficient (r) = 0.372 which indicated a fairly strong relationship. The results of the study showed that 73.9% of students experienced anxiety without eating disorders, and 26.1% experienced anxiety accompanied by eating disorders. **Conclusion:** There is a fairly strong relationship between anxiety and eating disorders in Nursing students, Faculty of Health Sciences, University of Muhammadiyah Jember. **Suggestion:** Students are advised to improve stress management through positive activities such as socializing with people around them. It is also important to get help to maintain a healthy diet and seek professional help if you experience symptoms of anxiety or eating disorders.

Keywords: Anxiety, Eating Disorders, Nursing Students, Student Adaptation