

ABSTRAK

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN

Skripsi, April 2026
Aisah Humayroh

Hubungan *Emotional Eating* Dengan Status Gizi Pada Remaja Di SMP Muhammadiyah 1 Jember

xix + 63 Halaman + 19 Tabel + 2 Gambar + 22 Lampiran

Abstrak

Pendahuluan: Masa remaja merupakan periode yang rentan terhadap perubahan emosional yang dapat memengaruhi perilaku makan salah satunya adalah *emotional eating*, dimana perilaku ini dapat mempengaruhi status gizi remaja. Tujuan penelitian yakni mengidentifikasi hubungan *emotional eating* dengan status gizi pada remaja di SMP Muhammadiyah 1 Jember. **Metode:** Penelitian menggunakan desain kuantitatif korelasional dengan pendekatan *cross-sectional*. Sampel penelitian berjumlah 84 responden di SMP Muhammadiyah 1 Jember dan menggunakan teknik sampling *simple random sampling* Data *emotional eating* dikumpulkan menggunakan kuesioner *Dutch Eating Behavior Questionnaire* (DEBQ), dan status gizi diukur menggunakan Indeks Massa Tubuh (IMT) sesuai dengan SOP. Analisis data dilakukan secara univariat untuk melihat karakteristik responden dan bivariat untuk melihat hubungan antar variabel, kekuatan, serta arah dengan menggunakan uji *Spearman Rho*. **Hasil:** Hasil penelitian diperoleh sebagian besar responden memiliki *emotional eating* kategori tinggi (50,0%). Status gizi responden sebagian besar overweight (40,5%). Hasil uji statistik menunjukkan p value 0,001 ($< 0,05$) dengan koefisien korelasi $r = 0,655$, yang berarti terdapat hubungan signifikan dengan kekuatan kuat dan arah positif antara *emotional eating* dan status gizi. **Simpulan:** Semakin tinggi tingkat *emotional eating* maka semakin tinggi kecenderungan peningkatan status gizi lebih.

Kata Kunci : *emotional eating*, status gizi, remaja

Daftar Pustaka : 59 (2021-2026)

ABSTRACT

Abstract

MUHAMMADIYAH UNIVERSITY OF JEMBER
NURSING SCIENCE STUDY PROGRAM
FACULTY OF HEALTH SCIENCES

Thesis, April 2026

Aisah Humayroh

The Relationship between Emotional Eating and Nutritional Status Among Adolescents at SMP Muhammadiyah 1 Jember

xix + 63 Pages + 19 Tables + 2 Picture + 22 Appendices

Abstract

Background: Adolescence is a period that is vulnerable to emotional changes which can influence eating behavior, one of which is emotional eating. This behavior can affect adolescents' nutritional status. The purpose of this study was to identify the relationship between emotional eating and nutritional status among adolescents at SMP Muhammadiyah 1 Jember. **Methods:** This study used a quantitative correlational design with a cross-sectional approach. The sample consisted of 84 respondents at SMP Muhammadiyah 1 Jember, selected using a simple random sampling technique. Emotional eating data were collected using the Dutch Eating Behavior Questionnaire (DEBQ), and nutritional status was measured using Body Mass Index (BMI) according to standard operating procedures. Data analysis was conducted using univariate analysis to describe respondent characteristics and bivariate analysis to examine the relationship, strength, and direction between variables using the Spearman Rho test. **Results:** The results showed that the majority of respondents had a high level of emotional eating (50.0%). Most respondents were classified as overweight (40.5%). Statistical analysis showed a p-value of 0.001 (< 0.05) with a correlation coefficient (r) of 0.655, indicating a significant relationship with strong strength and a positive direction between emotional eating and nutritional status. **Conclusion:** The higher the level of emotional eating, the greater the tendency for increased nutritional status (overweight).

Keywords: Emotional Eating, Nutritional Status, Adolescents

Bibliography: 59 (2021 – 2026)