

Faktor Dominan yang Berhubungan dengan Perilaku Emotional Eating pada Mahasiswa S1 Departemen Arsitektur Fakultas Teknik Universitas Indonesia Tahun 2025

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Abstrak

Emotional eating merupakan perilaku konsumsi makanan secara berlebihan sebagai respons terhadap emosi negatif, dan dapat terjadi baik pada individu dengan berat badan normal maupun yang mengalami obesitas. Penelitian ini bertujuan untuk menganalisis hubungan antara tingkat stres, kualitas tidur, aktivitas fisik, jenis kelamin, uang saku, beban akademik, persepsi body image, dan self-esteem dengan perilaku emotional eating pada mahasiswa S1 Departemen Arsitektur Fakultas Teknik Universitas Indonesia. Penelitian ini menggunakan pendekatan kuantitatif dengan desain cross-sectional. Sebanyak 164 responden terlibat dalam penelitian melalui pengisian kuesioner daring menggunakan teknik quota sampling pada April–Mei 2025. Analisis dilakukan menggunakan uji chi-square dan regresi logistik. Hasil penelitian menunjukkan bahwa sebanyak 59,1% responden memiliki kecenderungan Emotional eating, lalu sebagian besar responden memiliki kualitas tidur buruk (82,3%), stres sedang (53,7%), aktivitas fisik rendah (61,0%), jenis kelamin perempuan (56,1%), uang saku >Rp400.000 per minggu (62,8%), serta beban akademik tinggi (57,9%). Mayoritas juga memiliki persepsi body image positif (68,3%) dan self-esteem baik (64,6%). Hasil analisis bivariat menunjukkan bahwa semua variabel independen yang diteliti memiliki hubungan yang signifikan dengan perilaku emotional eating ($p < 0,05$). Di antara variabel-variabel tersebut, beban akademik dikonsiderasi sebagai faktor dominan yang berhubungan dengan estimasi paling presisi, nilai odds ratio (OR) menunjukkan sebesar 0,023 (95% CI: 0,002–0,257), yang menunjukkan bahwa mahasiswa dengan beban akademik tinggi berisiko 97,7% lebih besar mengalami emotional eating dibandingkan mahasiswa dengan beban akademik rendah.

Emotional eating is an effort to cope with distressing emotions is a common eating pattern in which people often consume large amounts of food even when their physical hunger is not present. This behavior can occur in individuals with normal weight and those who are overweight or obese. This study explored the relationship between stress levels, sleep quality, physical activity, gender, weekly allowance, academic workload, body image perception, and self-esteem with emotional eating among undergraduate students at the Department of Architecture, Faculty of Engineering, Universitas Indonesia. A quantitative approach with a cross-sectional design was used. Data were collected through an online questionnaire between April and May 2025 using a quota sampling technique. Data analysis was performed using chi-square tests and logistic regression. The findings The results showed that 59.1% of respondents demonstrated tendencies toward emotional eating. Most participants reported poor sleep quality (82.3%), moderate stress levels (53.7%), low physical activity (61.0%), were female (56.1%), had a weekly allowance above IDR 400,000 (62.8%), and experienced high academic workload (57.9%). In addition, the majority had a positive body image perception (68.3%) and good self-esteem (64.6%). Bivariate analysis revealed that all independent variables were significantly associated with emotional eating ($p < 0.05$). Among these, academic workload emerged as the most dominant factor, with a precise estimate and an odds ratio (OR) of 0.023 (95% CI: 0.002–0.257), indicating that students with a high

academic workload were 97.7% more likely to experience emotional eating compared to those with a low workload.</div>