

# Hubungan Faktor Biologis, Psikologis, dan Lingkungan dengan Kejadian Night Eating Syndrome pada Mahasiswa S1 Rumpun Ilmu Kesehatan Universitas Indonesia Angkatan Tahun 2024

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## Abstrak

Latar belakang: Night Eating Syndrome (NES) adalah gangguan makan dengan peningkatan asupan makanan malam hari dan gangguan tidur, sering dikaitkan dengan stres, kualitas tidur buruk, serta disfungsi ritme sirkadian. Mahasiswa kesehatan memiliki risiko tinggi akibat tekanan akademik dan gaya hidup tidak teratur. Tujuan: Mengetahui prevalensi NES serta hubungannya dengan jenis kelamin, status gizi, kualitas dan durasi tidur, ritme sirkadian, depresi, stres, kecemasan, dan tempat tinggal pada mahasiswa S1 Rumpun Ilmu Kesehatan Universitas Indonesia angkatan 2024. Metode: Penelitian potong lintang dengan 148 responden. Data dikumpulkan menggunakan NEQ, DASS-21, PSQI, dan MEQ; dianalisis univariat dan bivariat (uji chi-square). Hasil: Prevalensi NES sebesar 37,8%. Status gizi gemuk memiliki hubungan signifikan dan bersifat protektif ( $p=0,019$ ). Selain itu, NES berhubungan signifikan dengan depresi sedang ( $p=0,025$ ) dan berat ( $p=0,001$ ), kecemasan berat ( $p=0,001$ ), stres berat ( $p=0,002$ ), kualitas tidur buruk ( $p=0,042$ ), ritme sirkadian tipe malam ( $p=0,001$ ) dan netral ( $p=0,011$ ), serta tempat tinggal tidak bersama keluarga ( $p<0,001$ ). Jenis kelamin ( $p=0,770$ ), status gizi kurus ( $p=0,209$ ), dan durasi tidur ( $p=0,334$ ) tidak signifikan. Kesimpulan: NES cukup tinggi ditemukan pada mahasiswa kesehatan dan berhubungan terutama dengan faktor psikologis, ritme sirkadian, kualitas tidur, serta tempat tinggal. Diperlukan upaya promotif dan preventif kampus, seperti edukasi manajemen stres, sleep hygiene, dan pemantauan kesehatan mental.

Background: Night Eating Syndrome (NES) is an eating disorder characterized by increased food intake at night and sleep disturbances. NES is often linked to psychological stress, poor sleep quality, and circadian rhythm disruption. Health science students are at higher risk due to academic pressure and irregular lifestyles. Objective: To determine NES prevalence and its association with gender, nutritional status, sleep quality and duration, circadian rhythm, depression, stress, anxiety, and living arrangements among undergraduate students in the Health Sciences Cluster, Universitas Indonesia, class of 2024. Methods: Cross-sectional study with 148 respondents using NEQ, DASS-21, PSQI, and MEQ questionnaires. Data were analyzed with univariate and bivariate (chi-square) methods. Results: NES prevalence was 37.8%. Overweight status was significantly associated and found to be protective ( $p=0.019$ ). NES was also significantly associated with moderate depression ( $p=0.025$ ), severe depression ( $p=0.001$ ), severe anxiety ( $p=0.001$ ), severe stress ( $p=0.002$ ), poor sleep quality ( $p=0.042$ ), evening-type circadian rhythm ( $p=0.001$ ), neutral type ( $p=0.011$ ), and living apart from family ( $p<0.001$ ). No significant association was found with gender ( $p=0.770$ ), underweight status ( $p=0.209$ ), or sleep duration ( $p=0.334$ ). Conclusion: NES was relatively common among health science students and significantly associated with psychological factors, circadian rhythm, sleep quality, and living arrangements. Preventive and promotive interventions are necessary to reduce the risk of NES and improve student well-being.

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