

Universitas Ngudi Waluyo
Program Studi Keperawatan
Skripsi, Februari 2021
Ratna Kumala Dewi
010117A081

**Hubungan Stress Pembelajaran Daring dengan Emotional Eating pada
Mahasiswa di Universitas Ngudi Waluyo**

ABSTRAK

Latar Belakang : Berdasarkan himbauan pemerintah untuk melaksanakan pembelajaran jarak jauh agar mengurangi tingkat kerumunan maka proses pembelajaran dilakukan secara daring. Hal ini memungkinkan pembelajaran online dilakukan hanya melalui tugas jarak jauh pekerjaan rumah tanpa umpan balik atau interaksi dengan siswa. Dengan cara demikian, jika dilakukan secara terus menerus dapat meningkatkan stress pada siswa. Jika stress tidak dapat dikendalikan maka Stress dapat mempengaruhi emotional eating.

Tujuan : Untuk mengetahui hubungan stress pembelajaran daring dengan emotional eating pada Mahasiswa di Universitas Ngudi Waluyo

Metode : Jenis penelitian ini adalah *deskriptif korelasional*. Populasinya adalah seluruh Mahasiswa Fakultas Kesehatan di Universitas Ngudi Waluyo Ungaran dengan jumlah populasi 2452 mahasiswa. Teknik sampel menggunakan metode *proportional stratified random sampling*. Sampel penelitian adalah 96 responden. Alat ukur yang digunakan adalah kuisisioner PSS-10 (Perceived Stress Scale) dan EADES (Eating and Appraisal Due to Emotions and Stress). Analisis menggunakan data univariat dan bivariat (koefisien korelasi *Rank Spearman*)

Hasil : Sebanyak 82 (85,4%) mahasiswa mengalami stress sedang dan sebanyak 94 (97,9%) mahasiswa mengalami emotional eating tinggi. Adanya hubungan *stress* dengan *emotional eating* pada mahasiswa Fakultas Kesehatan Universitas Ngudi Waluyo dari hasil uji statistic dengan *rank spearman* mendapatkan hasil *p-value* sebesar 0,000 dan hasil uji korelasi spearman di dapatkan nilai 0,404 yang menunjukkan adanya hubungan yang sedang antara stress dengan emotional eating pada mahasiswa Fakultas Kesehatan Universitas Ngudi Waluyo.

Saran : seharusnya responden dapat lebih mengenali dan berupaya untuk menghindari perilaku emotional eating sebagai upaya pengalihan stres.

Kata kunci : stress, emotional eating

**Universitas Ngudi Waluyo
Nursing Study Program
Final Project, February 2021
Ratna Kumala Dewi
010117A081**

**The Correlation between Online Learning Stress and Emotional Eating in
Students at Ngudi Waluyo University**

ABSTRACT

Background: Based on the government's appeal to implement distance learning to reduce crowd levels, the learning process is carried out online. This allows online learning to be done only through homework remote assignments without feedback or interaction with students. In this way, if done continuously it can increase stress on students. If stress cannot be controlled, stress can affect emotional eating.

Objective: To determine the correlation between stress in online learning and emotional eating among students at Ngudi Waluyo University.

Method: This type of research is descriptive correlational. The population is all Health Faculty students at Ngudi Waluyo Ungaran University with a population of 2452 students. The sample technique uses a proportional stratified random sampling method. The research sample was 96 respondents. The measuring instrument used was the PSS-10 (Perceived Stress Scale) and EADES (Eating and Appraisal Due to Emotions and Stress) questionnaire. Analysis using univariate and bivariate data (Spearman Rank correlation coefficient).

Results: As many as 82 (85.4%) students experienced moderate stress and as many as 94 (97.9%) students experienced high emotional eating. The correlation between stress and emotional eating in students of the Faculty of Health, Ngudi Waluyo University, from the results of statistical tests with rank spearman, got a p-value of 0,000 and the results of the Spearman correlation test obtained a value of 0.404 which indicates a moderate relationship between stress and emotional eating in to students of the Faculty of Health, Ngudi Waluyo University.

Suggestion: respondents should be able to identify and try to avoid emotional eating behavior as an effort to divert stress.

Keywords: stress, emotional eating