

**FAKULTAS ILMU KESEHATAN
UNIVERSITAS SILIWANGI
TASIKMALAYA
PROGRAM STUDI GIZI
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ABSTRAK

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**HUBUNGAN STRES AKADEMIK DENGAN GANGGUAN MAKAN
MAHASISWA (Studi Observasional pada Mahasiswa Gizi Universitas
Siliwangi Angkatan 2024)**

Gangguan makan pada mahasiswa tingkat pertama perkuliahan disebabkan oleh pola makan tidak normal diawali dengan faktor stres akademik. Stres akademik terjadi karena perubahan sistem pembelajaran di sekolah menengah atas (SMA) dengan di universitas. Tujuan dari penelitian ini adalah untuk menganalisis hubungan stres akademik dengan gangguan makan mahasiswa Prodi Gizi di Universitas Siliwangi Angkatan 2024. Penelitian ini dilakukan dengan pendekatan studi *cross-sectional*. Enam puluh tujuh mahasiswa Program Studi Gizi Universitas Siliwangi diambil dengan cara *proportional sampling* dari jumlah populasi 141 mahasiswa. Data dikumpulkan menggunakan kuesioner *Student-Life Stress Inventory* (SSI) dan *Eating Attitude Test -26* (EAT-26). Data yang telah dikumpulkan kemudian dianalisis menggunakan uji *Spearman Rank*. Hasil uji *Spearman Rank* menunjukkan terdapat hubungan positif dengan kekuatan rendah ($p= 0,013$, $p= 0,302$) antara stres akademik dengan gangguan makan. Semakin tinggi stres akademik yang dialami mahasiswa maka semakin tinggi terjadinya gangguan makan. Responden diharapkan dapat mengelola kondisi psikologis berkaitan dengan tuntutan akademik di kampus serta menjaga pola makan yang baik agar tidak menimbulkan gangguan makan.

Kata kunci: stres akademik; gangguan makan; mahasiswa

ABSTRACT

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THE RELATIONSHIP BETWEEN ACADEMIC STRESS AND EATING DISORDERS IN STUDENTS (An Observational Study on The 2024 Class of Nutrition Students at Universitas Siliwangi)

Eating disorders among first-year students are caused by abnormal eating patterns that begin with academic stress factors. Academic stress occurs due to changes in the learning system from high school to university. The purpose of this study is to analyze the relationship between academic stress and eating disorders in Nutrition Program students at Universitas Siliwangi, 2024 cohort. This study was conducted using a cross-sectional approach. 67 students from the Nutrition Program at Universitas Siliwangi were selected using proportional sampling from a population of 141 students. Data were collected using the Student-Life Stress Inventory (SSI) and Eating Attitude Test -26 (EAT-26) questionnaires. The collected data were then analyzed using the Spearman Rank test. The results of the Spearman Rank test indicate a positive relationship with a low strength ($p = 0.013$, $\rho = 0.302$) between academic stress and eating disorders. The higher the academic stress experienced by students, the more likely they are to experience eating disorders. Respondents are expected to be able to control their psychological conditions when experiencing pressure on campus and maintain a good diet so as not to cause eating disorders.

Keywords: *academic stress; eating disorders; students*