

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

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**HUBUNGAN STRES AKADEMIK DENGAN KEBIASAAN KONSUMSI
JUNK FOOD PADA MAHASISWA (STUDI PADA MAHASISWA
PROGRAM STUDI TEKNIK SIPIL FAKULTAS TEKNIK UNIVERSITAS
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Junk food adalah makanan tinggi energi, gula dan lemak dengan nilai gizi yang lebih rendah dan mudah didapatkan. Stres akademik menjadi salah satu penyebab kebiasaan konsumsi *junk food* pada kalangan mahasiswa. Penelitian bertujuan untuk menganalisis hubungan stres akademik dengan kebiasaan konsumsi *junk food* pada mahasiswa Program Studi Teknik Sipil Fakultas Teknik Universitas Siliwangi Tahun 2025. Penelitian menggunakan desain *cross sectional*. Responden penelitian sebesar 89 dari 357 mahasiswa Program Studi Teknik Sipil Fakultas Teknik Universitas Siliwangi Tahun 2025 yang dipilih secara *proportional stratified random sampling*. Data kebiasaan konsumsi makan diperoleh dari *Food Frequency Questionnaire* (FFQ) dan stres akademik diperoleh dari kuesioner *Perceived Academic Stress Scale* (PASS). Analisis data univariat (distribusi frekuensi, nilai minimum, median dan nilai maksimum) sedangkan bivariat menggunakan uji *chi-square*. Responden penelitian memiliki median usia 20 tahun, mayoritas responden jenis kelamin laki-laki (58,4%), Angkatan 2024 (40,4%), stres akademik tinggi (56,2%) dan kebiasaan konsumsi *junk food* sering (51,7%). Pada hasil penelitian menunjukkan bahwa pada subjek dengan kebiasaan konsumsi *junk food* sering, proporsi subjek yang mengalami stres akademik tinggi (64 %) lebih banyak dibandingkan dengan subjek dengan stress akademik rendah (35,9%) begitupun sebaliknya. Hasil uji statistik penelitian ini menunjukkan ada hubungan stres akademik dengan kebiasaan konsumsi *junk food* $p\text{-value} = 0,016$ ($p < 0,05$). Variabel pengganggu (uang saku dan tempat tinggal kuliah) diteliti pada penelitian ini tetapi keduanya tidak memiliki hubungan dengan kebiasaan konsumsi *junk food* ($p \geq 0,05$). Stres akademik tinggi menjadi variabel yang memiliki hubungan dengan kebiasaan konsumsi *junk food*, sehingga mahasiswa perlu mengelola stres akademik dengan baik agar tidak mengalihkan stres yang dialami dengan mengonsumsi *junk food*.

Kata Kunci : *junk food*, mahasiswa, stres akademik, tempat tinggal kuliah, uang saku

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ABSTRACT

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THE RELATIONSHIP OF ACADEMIC STRESS WITH JUNK FOOD CONSUMPTION HABITS IN STUDENTS (STUDY OF CIVIL ENGINEERING STUDY PROGRAM STUDENTS, FACULTY OF ENGINEERING, SILIWANGI UNIVERSITY IN 2025)

Junk food is a food high in energy, sugar and fat with lower nutritional value and easy to obtain. Academic stress is one of the causes of junk food consumption habits among students. The study aims to analyze the relationship academic stress with junk food consumption habits in students of the Civil Engineering Study Program, Faculty of Engineering, Siliwangi University in 2025. The study used a cross-sectional design. The respondents of the study were 89 out of 357 students of the Civil Engineering Study Program, Faculty of Engineering, Siliwangi University in 2025 who were selected using proportional stratified random sampling. Data on food consumption habits were obtained from the Food Frequency Questionnaire (FFQ) and academic stress was obtained from the Perceived Academic Stress Scale (PASS) questionnaire. Univariate data analysis (frequency distribution, minimum value, median and maximum value) while bivariate using chi-square test. The respondents of the study had a median age of 20 years, the majority of respondents were male (58.4%), class of 2024 (40.4%), high academic stress (56.2%) and frequent junk food consumption habits (51.7%). The results of the study showed that in subjects with frequent junk food consumption habits, the proportion of subjects experiencing high academic stress (64%) was greater than subjects with low academic stress (35.9%). The results of the statistical test of this study indicate that there is a relationship between academic stress and junk food consumption habits $p\text{-value} = 0.016$ ($p < 0.05$). Confounding variables (pocket money and Student residence) were studied in this study but both had no relationship with junk food consumption habits ($p \geq 0.05$). High academic stress is a variable that has a relationship with junk food consumption habits, so students need to manage academic stress well so as not to divert the stress experienced by consuming junk food.

Keywords: *academic stress, junk food, pocket money, students, students residence*