

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

**CHINTYA DELIANA PUTRI**

**HUBUNGAN KUALITAS TIDUR DAN *EMOTIONAL EATING* DENGAN ASUPAN ZAT GIZI MAKRO PADA REMAJA (STUDI PADA SISWA DAN SISWI KELAS XII SMA NEGERI 2 SINGAPARNA TAHUN 2025)**

Masa remaja merupakan fase dengan perubahan fisik, psikologis, dan sosial yang signifikan sehingga membutuhkan asupan zat gizi makro yang seimbang. Ketidakseimbangan asupan dapat memicu masalah gizi seperti *underweight* dan *overweight*. Kualitas tidur yang buruk dapat memengaruhi regulasi hormon ghrelin-leptin yang meningkatkan nafsu makan, sedangkan *emotional eating* merupakan kecenderungan mengonsumsi makanan sebagai respon emosi negatif yang dapat berkontribusi pada ketidakseimbangan asupan zat gizi makro. Tujuan penelitian ini yaitu mengetahui hubungan kualitas tidur dan *emotional eating* dengan asupan zat gizi makro pada remaja kelas XII SMA Negeri 2 Singaparna tahun 2025. Penelitian ini menggunakan metode observasional analitik dengan desain *cross-sectional*. Populasi penelitian adalah siswa kelas XII di SMA Negeri 2 Singaparna. Sebanyak 80 sampel dipilih menggunakan metode *proportional random sampling*. Pengambilan data menggunakan kuesioner *Pittsburgh Sleep Quality Index* (PSQI), subskala *emotional eating* dari *Dutch Eating Behavior Questionnaire* (DEBQ), dan *food recall* 2×24 jam. Analisis data menggunakan uji *Chi-Square*. Hasil penelitian menunjukkan tidak ada hubungan bermakna antara kualitas tidur dengan asupan karbohidrat ( $p=0,942$ ), asupan protein ( $p=0,129$ ), dan asupan lemak ( $p=0,676$ ). Tidak ada hubungan bermakna antara *emotional eating* dengan asupan karbohidrat ( $p=0,252$ ), asupan protein ( $p=0,263$ ), dan asupan lemak ( $p=0,655$ ). Kesimpulan penelitian ini adalah kualitas tidur dan *emotional eating* tidak berhubungan signifikan dengan asupan zat gizi makro pada remaja di SMA Negeri 2 Singaparna, dimana faktor eksternal seperti kontrol keluarga dan keterbatasan waktu akses makanan di lingkungan sekolah lebih dominan dalam menentukan asupan zat gizi makro dibandingkan mekanisme biologis dan psikologis. Saran untuk remaja adalah menjaga kualitas tidur dan meningkatkan kesadaran tentang *emotional eating*, sementara sekolah disarankan menyediakan kantin sehat dan memperkuat program edukasi gizi serta manajemen emosi melalui Bimbingan Konseling.

**Kata Kunci:** asupan zat gizi makro, *emotional eating*, kualitas tidur, remaja

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**ABSTRACT**

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***THE RELATIONSHIP BETWEEN SLEEP QUALITY AND EMOTIONAL EATING WITH MACRONUTRIENT INTAKE IN ADOLESCENTS (A STUDY OF 12<sup>TH</sup> GRADE STUDENTS AT SMA NEGERI 2 SINGAPARNA IN 2025)***

*Adolescence is a phase of significant physical, psychological, and social changes that requires a balanced intake of macronutrients. An imbalance in intake can trigger nutritional problems such as underweight and overweight. Poor sleep quality can affect the regulation ghrelin-leptin hormones, which increases appetite, while emotional eating is a tendency to consume food in response to negative emotions, which can contribute to an imbalance in macronutrient intake. The purpose of this study was to determine the relationship between sleep quality and emotional eating with macronutrient intake in 12<sup>th</sup> grade students at SMA Negeri 2 Singaparna in 2025. This study used an analytical observational method with a cross-sectional design. The study population consisted 12<sup>th</sup> grade students at SMA Negeri 2 Singaparna. A total of 80 samples were selected using proportional random sampling. Data collection was conducted using the Pittsburgh Sleep Quality Index (PSQI) questionnaire, the emotional eating subscale of the Dutch Eating Behavior Questionnaire (DEBQ), and a 2×24-hour food recall. Data analysis used the Chi-Square test. The results showed no significant relationship between sleep quality and carbohydrate intake ( $p=0.942$ ), protein intake ( $p=0.129$ ), and fat intake ( $p=0.676$ ). There was no significant relationship between emotional eating and carbohydrate intake ( $p=0.252$ ), protein intake ( $p=0.263$ ), and fat intake ( $p=0.655$ ). The conclusion of this study is that sleep quality and emotional eating are not significantly related to macronutrient intake among adolescents at SMA Negeri 2 Singaparna, where external factors such as family control and limited access to food in the school environment are more dominant in determining macronutrient intake than biological and psychological mechanisms. Recommendations for adolescents are to maintain sleep quality and increase awareness about emotional eating, while schools are advised to provide healthy cafeterias and strengthen nutrition education and emotional management programs through counseling guidance.*

**Keywords:** *adolescents, emotional eating, macronutrient intake, sleep quality*