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ABSTRACT

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THE RELATIONSHIP BETWEEN STRESS LEVEL
AND BALANCED NUTRITION KNOWLEDGE
WITH EATING PATTERNS
IN GRADE X AND XI ADOLESCENTS AT SMAN 1 TASIKMALAYA 2025

Eating patterns in adolescents play an important role in supporting growth and health. Eating patterns are influenced by various factors, including stress levels and knowledge of balanced nutrition. This research aims to analyze the relationship between stress levels and balanced nutrition knowledge with eating patterns among adolescents at SMAN 1 Kota Tasikmalaya. The research design used is analytical observational with a cross-sectional method, involving 99 students from grades X and XI selected through proportional random sampling. Stress levels were measured using the Depression Anxiety Stress Scale for Youth (DASS-Y) questionnaire, while balanced nutrition knowledge was assessed with a specific nutrition knowledge questionnaire. Eating patterns were evaluated using the Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ). Bivariate analysis of independent variables with the dependent variable used the Chi-Square test, while confounding variables with the dependent variable used the Spearman Rank test. The results showed a significant association between stress levels and dietary patterns p -value 0.005 (p -value ≤ 0.05). There was also a significant relationship between balanced nutrition knowledge and dietary patterns p -value 0.033 (p -value ≤ 0.05), with an odds ratio (OR) of 2.611 (95% CI: 1.066–6.394). The analysis of confounding variables indicated significant associations with the dependent variable. Pocket money was significantly associated with dietary patterns p -value 0.001 (p -value ≤ 0.05) with a correlation coefficient of $\rho = 0.338$ (moderate strength). Parental income was also significantly associated p -value 0.022 (p -value ≤ 0.05) with a correlation coefficient of $\rho = 0.230$ (very weak strength). Stress levels and balanced nutrition knowledge are associated with dietary patterns. Based on these findings, improving nutrition literacy and providing stress management education among adolescents are recommended to support healthier dietary patterns.

Keywords: *Adolescents, Balanced Nutrition Knowledge, Eating Patterns, Stress Levels.*