

**PROGRAM STUDI GIZI
FAKULTAS ILMU KESEHATAN
UNIVERSITAS SILIWANGI
2026**

ABSTRAK

SALMA SHAFIYATU TSANIYAH

**HUBUNGAN ANTARA STRES DAN KUALITAS TIDUR DENGAN
STATUS GIZI (IMT/U) SANTRI PUTRI KELAS X (Studi Observasional di
Pondok Pesantren Sukahideng Tahun 2026)**

Santri putri usia remaja merupakan kelompok yang rentan terhadap masalah gizi karena pola hidup terstruktur dan jadwal kegiatan yang padat di pesantren. Stres dan kualitas tidur yang kurang optimal merupakan faktor psikososial yang dapat memengaruhi status gizi melalui perubahan perilaku makan dan regulasi hormonal. Penelitian ini bertujuan untuk menganalisis hubungan antara stres dan kualitas tidur dengan status gizi (IMT/U) pada santri putri kelas X di Pondok Pesantren Sukahideng. Penelitian ini menggunakan desain penelitian deskriptif analitik dengan pendekatan *cross sectional*. Sampel penelitian berjumlah 72 responden yang diambil menggunakan kriteria inklusi dan eksklusi. Instrumen yang digunakan meliputi kuesioner *Perceived Stress Scale-10* (PSS-10), *Pittsburgh Sleep Quality Index* (PSQI), formulir *food recall* 24 jam, serta pengukuran antropometri. Data dianalisis menggunakan uji korelasi *Pearson Product Moment* dan *Spearman Rank*. Hasil menunjukkan rata-rata skor stres 17,86, kualitas tidur dengan median 7,00, rata-rata asupan energi adalah 1.793,3 kkal, Status gizi dengan rata-rata IMT/U *z-score* 0,38. Hasil uji statistik menunjukkan bahwa stres memiliki hubungan signifikan dengan kualitas tidur ($p=0,021$). Namun, stres dan kualitas tidur tidak menunjukkan hubungan yang signifikan dengan status gizi ($p=0,284$ dan $p=0,838$). Di sisi lain, asupan energi terbukti berhubungan signifikan dengan status gizi ($p=0,000$). Santri disarankan meningkatkan manajemen stres untuk memperbaiki kualitas tidur, serta menjaga pola makan teratur dan membatasi *junk food* demi mempertahankan status gizi yang optimal.

Kata Kunci: Stres, Kualitas Tidur, Status Gizi, Asupan Energi, Santri Putri.

**NUTRITION STUDY PROGRAM
FACULTY OF SCIENCE HEALTH
SILIWANGI UNIVERSITY
2026**

ABSTRACT

SALMA SHAFIYATU TSANIYAH

THE RELATIONSHIP BETWEEN STRESS AND SLEEP QUALITY WITH NUTRITIONAL STATUS (BMI-FOR-AGE) AMONG GRADE X FEMALE STUDENTS (An Observational Study at Sukahideng Islamic Boarding School in 2026)

Adolescent female students (santri putri) are a group vulnerable to nutritional problems due to a structured lifestyle and demanding schedules in Islamic boarding schools (pesantren). Stress and sub-optimal sleep quality are psychosocial factors that can influence nutritional status through changes in eating behavior and hormonal regulation. This study aims to analyze the relationship between stress and sleep quality with nutritional status (BMI-for-age) among grade X female students at Sukahideng Islamic Boarding School. This study utilized a descriptive-analytic research design with a cross-sectional approach. The research sample consisted of 72 respondents selected using inclusion and exclusion criteria. The instruments used included the Perceived Stress Scale-10 (PSS-10) questionnaire, the Pittsburgh Sleep Quality Index (PSQI), 24-hour food recall forms, and anthropometric measurements. Data were analyzed using Pearson Product-Moment and Spearman Rank correlation tests. Results showed an average stress score of 17.86, sleep quality with a median of 7.00, an average energy intake of 1,793.3 kcal, and nutritional status with an average BMI-for-age z-score of 0.38. Statistical tests indicated that stress has a significant relationship with sleep quality ($p=0.021$). However, stress and sleep quality did not show a significant relationship with nutritional status ($p=0.165$ and $p=0.838$). On the other hand, energy intake was proven to be significantly associated with nutritional status ($p=0.000$). Students are advised to improve stress management to enhance sleep quality, as well as maintain regular eating patterns and limit junk food consumption to maintain optimal nutritional status.

Key note: *Stress, Sleep Quality, Energy Intake, Nutritional Status, Female Students.*