

ABSTRACT

RELATIONSHIP OF DEPRESSION, ANXIETY, AND STRESS WITH NUTRITIONAL STATUS IN STUDENTS OF MEDICAL FACULTY LAMPUNG UNIVERSITY

By

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Background: Nutritional problems that are still faced by adolescents in Indonesia are underweight, overweight, and obesity, which are interpretations of malnutrition. Multiple factors play a role in the formation of nutritional status, including psychological factors that can be seen through depression, anxiety, and stress status. This research aimed to find the relationship between depression, anxiety, and stress with nutritional status in students of Medical Faculty Lampung University.

Methods: A cross sectional research was performed involving 107 subjects, which calculated by unpaired categorical comparative formula, taken from students of Medical Faculty Lampung University by purposive sampling. Nutritional status, which determined by BMI, was measured by using body weight scale and stature meter, while depression, anxiety, and stress were measured by using Depression, Anxiety, Stress Scale 42 (DASS-42). Data were analyzed by using Chi-Square test.

Results: There were 45,5% subjects with poor nutritional status, 21,5% subjects with depression, 43,9% subjects with anxiety, and 26,2% subjects with stress. Bivariate analysis showed that there was no relationship between depression and nutritional status ($p=0,321$), there was no relationship between anxiety and nutritional status ($p=0,100$), and there was no relationship between depression and nutritional status ($p=0,110$).

Conslusions: There were no relationship between depression, anxiety, and stress with nutritional status in students of Medical Faculty Lampung University.

Keywords: adolescent, anxiety, depression, medical students, nutritional status, stress

ABSTRAK

HUBUNGAN DEPRESI, ANSIETAS, DAN STRES DENGAN STATUS GIZI PADA MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS LAMPUNG

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Latar Belakang: Masalah gizi yang masih dihadapi oleh remaja di Indonesia diantaranya adalah kurus, kegemukan, dan obesitas, yang merupakan interpretasi dari malnutrisi. Berbagai faktor berperan dalam pembentukan status gizi, diantaranya adalah faktor psikologis yang dapat dilihat melalui status depresi, ansietas, dan stres. Penelitian ini bertujuan untuk mengetahui hubungan antara depresi, ansietas, dan stres terhadap status gizi pada mahasiswa Fakultas Kedokteran Universitas Lampung.

Metode: Penelitian *cross sectional* melibatkan 107 responden, yang dihitung dengan rumus komparatif kategorik tidak berpasangan, dari mahasiswa Fakultas Kedokteran Universitas Lampung dengan menggunakan teknik *purposive sampling*. Status gizi, yang ditentukan berdasarkan IMT, diukur menggunakan timbangan badan dan *stature meter*, sedangkan depresi, ansietas, dan stres diukur menggunakan kuesioner *Depression, Anxiety, Stress Scale 42* (DASS-42). Data dianalisis menggunakan uji *Chi-Square*.

Hasil: Terdapat 45,5% responden mengalami malnutrisi, 21,5% responden mengalami depresi, 43,9% responden mengalami ansietas, dan 26,2% responden mengalami stres. Analisis bivariat menunjukkan tidak ada hubungan antara depresi dengan status gizi ($p=0,321$), tidak ada hubungan antara ansietas dengan status gizi ($p=0,100$), dan tidak ada hubungan antara stres dengan status gizi ($p=0,110$).

Simpulan: Tidak terdapat hubungan bermakna antara depresi, ansietas, dan stres dengan status gizi pada mahasiswa Fakultas Kedokteran Universitas Lampung.

Kata kunci: ansietas, depresi, mahasiswa kedokteran, remaja, status gizi, stres