

ABSTRACT

THE RELATIONSHIP BETWEEN STRESS LEVELS, SLEEP QUALITY, AND PHYSICAL ACTIVITY WITH EMOTIONAL EATING AMONG MEDICAL STUDENTS IN THE MEDICAL EDUCATION PROGRAM, FACULTY OF MEDICINE, UNIVERSITY OF LAMPUNG

By

RIZQINA FARA AMELIA

Background: Emotional eating is a complex and influenced by various factors, such as stress levels, sleep quality, and physical activity. This study aims to analyze the relationship between stress levels, sleep quality, and physical activity and emotional eating among medical students in the Medical Education Program, Faculty of Medicine, University of Lampung.

Methods: This research is an observational analytic study with a cross-sectional approach. The study involved 269 participants. The dependent variable was *emotional eating*, while the independent variables included stress levels, sleep quality, and physical activity. Data were collected using the DASS-42, PSQI, IPAQ-SF, and EADES questionnaires and analyzed using univariate and bivariate analysis through the Chi-Square test.

Results: The results showed that 141 participants (52.4%) experienced emotional eating. Based on the Chi-Square test, there was a significant relationship between stress levels ($p=0.000$), sleep quality ($p=0.039$), physical activity ($p=0.023$) and emotional eating.

Conclusion: There is a relationship between stress levels, sleep quality, physical activity and emotional eating among medical students in the Medical Education Program, Faculty of Medicine, University of Lampung. This research is expected to raise awareness of stress management, maintaining good sleep quality, and engaging in regular activities to improve physical and mental health.

Keywords: emotional eating, medical students, physical activity, sleep quality, stress.

ABSTRAK

HUBUNGAN TINGKAT STRES, KUALITAS TIDUR, DAN AKTIVITAS FISIK DENGAN EMOTIONAL EATING PADA PESERTA DIDIK PROGRAM STUDI PENDIDIKAN DOKTER FAKULTAS KEDOKTERAN UNIVERSITAS LAMPUNG

Oleh

RIZQINA FARA AMELIA

Latar Belakang: *Emotional eating* merupakan hal yang kompleks dan dipengaruhi oleh berbagai faktor, seperti tingkat stres, kualitas tidur, dan aktivitas fisik. Penelitian ini bertujuan untuk menganalisis hubungan antara tingkat stres, kualitas tidur, dan aktivitas fisik dengan *emotional eating* pada peserta didik Program Studi Pendidikan Dokter Fakultas Kedokteran Universitas Lampung.

Metode: Penelitian ini merupakan studi analitik observasional dengan pendekatan *cross sectional* dan melibatkan 269 peserta didik. Variabel dependen adalah *emotional eating*, sedangkan variabel independen adalah tingkat stres, kualitas tidur, dan aktivitas fisik. Data dikumpulkan melalui kuesioner DASS-42, PSQI, IPAQ-SF, dan EADES. Data dianalisis dengan univariat dan uji bivariat menggunakan uji Chi-Square.

Hasil: Hasil menunjukkan peserta didik yang mengalami *emotional eating* sebanyak 141 orang (52,4%). Berdasarkan uji Chi-Square Terdapat hubungan yang signifikan antara tingkat stres ($p=0,000$), kualitas tidur ($p=0,039$), dan aktivitas fisik ($p=0,023$) dengan *emotional eating*.

Kesimpulan: Terdapat hubungan antara tingkat stres, kualitas tidur, dan aktivitas fisik dengan *emotional eating* pada peserta didik Program Studi Pendidikan Dokter Fakultas Kedokteran Universitas Lampung. Penelitian ini diharapkan dapat meningkatkan kesadaran dalam mengelola stres, menjaga kualitas tidur yang baik, dan rutin beraktivitas dalam meningkatkan kesejahteraan kesehatan fisik dan mental.

Kata kunci: *emotional eating*, mahasiswa kedokteran, aktivitas fisik, kualitas tidur, stres.