

ABSTRAK

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Pada saat mengalami stres, seseorang cenderung memilih makanan yang tinggi energi dan lemak atau makanan dalam jumlah yang sedikit bahkan tidak makan sama sekali yang akan membuat perilaku makan cenderung emosional. Perilaku makan yang tidak benar dapat terjadi karena remaja mengalami risiko *eating disorder*. Penelitian ini dilakukan untuk menganalisa hubungan tingkat stres dan risiko *eating disorder* dengan perilaku makan pada remaja di SMA Islam PB Soedirman Bekasi selama masa pandemi Covid-19. Penelitian ini merupakan penelitian kuantitatif dengan desain *cross sectional*. Sampel diambil dengan menggunakan teknik *consecutive sampling* dengan jumlah 130 responden. Populasi yang diteliti adalah siswa aktif SMA Islam PB Soedirman Bekasi yang berumur 15-17 tahun. Berdasarkan hasil uji statistik *chi-square*, diperoleh *p-value* = 0,002 ($p < 0.05$) dengan nilai OR (95% CI) = 3,469 untuk hubungan tingkat stres dengan perilaku makan dan diperoleh *p-value* = 0,004 ($p < 0.05$) dengan nilai OR (95% CI) = 3,013 untuk hubungan risiko *eating disorder* dengan perilaku makan. Kesimpulan dari penelitian ini adalah adanya hubungan yang bermakna antara tingkat stres dan risiko *eating disorder* dengan perilaku makan pada remaja di SMA Islam PB Soedirman Bekasi selama masa pandemi Covid-19.

Kata kunci: tingkat stres, risiko gangguan makan, perilaku makan

ABSTRACT

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When experiencing stress, a person tends to choose foods that are high in energy and fat or food in small amounts or not even at all which will make eating behavior tend to be emotional. Improper eating behavior can occur because adolescents are at risk of eating disorders. This study was conducted to analyze the relationship between stress levels and the risk of eating disorders with eating behavior among adolescents at SMA Islam PB Soedirman Bekasi during the Covid-19 pandemic. This research is a quantitative study with a design cross sectional. Samples were taken using consecutive sampling techniques with a total of 130 respondents. The population studied was active students of SMA Islam PB Soedirman Bekasi aged 15-17 years. Based on the results of the statistical test chi-square, obtained $p\text{-value} = 0.002$ ($p < 0.05$) with an OR value (95% CI) = 3.469 for the relationship between stress levels and eating behavior and obtained $p\text{-value} = 0.004$ ($p < 0.05$) with OR value (95% CI) = 3.013 for the relationship between the risk of eating disorders and eating behavior. The conclusion of this study is that there is a significant relationship between the level of stress and the risk of eating disorders with eating behavior among adolescents at SMA Islam PB Soedirman Bekasi during the Covid-19 pandemic.

Key words: stress level, risk of eating disorders, eating behavior