

HUBUNGAN ANTARA DURASI TIDUR DAN *EMOTIONAL EATING* DENGAN GIZI LEBIH PADA REMAJA DI SMPN 3 KOTA BEKASI

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ABSTRAK

Pendahuluan: Gizi lebih pada remaja dapat memperburuk kualitas sumber daya manusia dan di usia dewasa dapat berisiko lebih besar terhadap penyakit degeneratif, seperti diabetes melitus, jantung koroner, kanker, hipertensi, stroke, dan meningkatnya penderita obesitas. Penelitian ini bertujuan untuk hubungan antara durasi tidur dan *emotional eating* dengan gizi lebih pada remaja di SMPN 3 Kota Bekasi.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan desain *cross sectional*. Sampel penelitian ini yaitu seluruh siswa kelas VII – IX SMPN 3 Kota Bekasi sebanyak 100 responden. Teknik pengambilan sampel menggunakan *Consecutive Sampling*. Pengumpulan data menggunakan *Sleep Timing Questionnaire* (STQ), *Dutch Eating Behaviour Questionnaire* (DEBQ), dan dianalisis menggunakan uji *Chi Square* dan *Fisher's Exact*.

Hasil: Hasil analisis menunjukkan *p-value* hubungan durasi tidur dengan gizi lebih yaitu *p-value* = 0,683 ($p > 0,05$) dan hubungan *emotional eating* dengan gizi lebih yaitu *p-value* = 0,807 ($p > 0,05$).

Kesimpulan: Tidak terdapat hubungan antara durasi tidur dan *emotional eating* dengan gizi lebih pada remaja di SMPN 3 Kota Bekasi.

Kata Kunci : Durasi Tidur, *Emotional Eating*, Gizi Lebih, Remaja.

THE RELATIONSHIP BETWEEN SLEEP DURATION AND EMOTIONAL EATING WITH OVER NUTRITION IN ADOLESCENTS AT SMPN 3 BEKASI

ABSTRACT

Over nutrition in adolescents can worsen the quality of human resources and in adulthood can be at greater risk of degenerative diseases, such as diabetes mellitus, coronary heart disease, cancer, hypertension, stroke, and increasing obesity sufferers. This study aims to determine the relationship between sleep duration and emotional eating with over nutrition in adolescents at SMPN 3 Kota Bekasi. This research is a quantitative study with a cross sectional design. The sample for this research was all students of class VII – IX at SMPN 3 Kota Bekasi, consisting of 100 respondents. The sampling technique uses Consecutive Sampling. Data collection used the Sleep Timing Questionnaire (STQ), the Dutch Eating Behavior Questionnaire (DEBQ), and was analyzed using the Chi Square and Fisher's Exact tests. The results of the analysis showed that the p-value of the relationship between sleep duration and over nutrition was p-value = 0.683 ($p > 0.05$) and the relationship between emotional eating and over nutrition was p-value = 0.807 ($p > 0.05$). The conclusion of this study is that there is no relationship between sleep duration and emotional eating with over nutrition in adolescents at SMPN 3 Kota Bekasi.

Key Words : Sleep Duration, Emotional Eating, Over Nutrition, Adolescents.