

Hubungan Tingkat Stres dengan Perilaku Makan dan Status Gizi pada Mahasiswa di Jember (*The Relationship of Stress Levels and eating behavior and nutritional status of new students in Jember*).

Hesti Histiyani

Clinical Nutrition Program Study

Departement of Health

ABSTRACT

In the early world of college, students are faced with various changes in their lives and many challenges. This difference in the learning process is a problem that causes stress for new students. The aim of this research is to analyze the relationship between stress levels and eating behavior and nutritional status among new students in Jember. This research was carried out with a cross sectional design at selected universities in Jember using a multistage random sampling technique. The sample used in this research was 100 people. The results of data analysis of the Spearman rho correlation test between stress levels and eating behavior in new students showed a p-value of $0.00 < 0.01$, meaning there was a significant relationship between the two variables. The negative direction of the correlation means that the higher the stress level, the lower the eating behavior score, which means that the eating behavior is increasingly bad and irregular. In the Spearman rho correlation analysis between stress level variables and nutritional status in new students, a p-value of $0.00 < 0.01$ was found, meaning there was a significant relationship. The direction of the positive correlation means that the higher the stress level, the higher the subject's BMI.

Keywords: Stress Level, Eating Behavior, Nutritional Status, New Students