

**The Relationship Between Stress Levels and Motivation to Work on Thesis,  
Eating Pattern, and Nutritional Status in Final Year Students in the Health  
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**ABSTRACT**

*The increase in mental health problems in Indonesia related to stress levels has a high prevalence. One of them is in final year students who are preparing their final assignments who have different levels of stress experienced by each individual, this can affect the level of motivation and eating patterns that have an impact on nutritional status. This study aims to determine the relationship between stress levels and motivation to work on a thesis, eating patterns, and nutritional status in final year students in the Health Department of Jember State Polytechnic. This type of research is quantitative using an analytical observational survey and using a cross-sectional design. The sampling technique used is simple random sampling with a total sample of 93 final year students. Data collection using the PSS-10 questionnaire, Motivation, FFQ (Food Frequency Questionnaire). Statistical analysis using SPSS with the Chi-square test. The results showed that there was a relationship between stress levels and motivation to work on a thesis ( $p$ -value = 0.008), there was no relationship between stress levels and eating patterns ( $p$ -value = 0.306), there was a relationship between stress levels and nutritional status ( $p$ -value = 0.033). The conclusion of this study is that there is a relationship between stress levels and motivation to work on a thesis, eating patterns and nutritional status in final year students at the Health Department of Jember State Polytechnic. Suggestions are expected that the results of this study can be input and increase knowledge about the importance of managing stress in maintaining motivation during the preparation of a thesis, as well as encouraging students to maintain nutritional status through effective stress level management.*

*Keywords: Stres, Motivation, Eating Pattern, Nutritional Status, Students*