

***The Relationship Between Stress Levels and Emotional Eating
in Female Students at SMKN 2 Jember***

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ABSTRACT

Adolescence is a developmental period that is vulnerable to physical, psychological, and social changes that can increase stress levels. Stress that is not managed properly can lead to emotional eating behavior, which is the tendency to eat in response to negative emotions rather than physiological hunger. This study aimed to analyze the relationship between stress levels and emotional eating among female students at SMKN 2 Jember. This study used a quantitative analytic method with a cross-sectional design. The study population consisted of 172 female students, with a sample of 119 respondents selected using the proportional stratified sampling technique. Data were collected using a stress level questionnaire and an emotional eating questionnaire. Data were analyzed using Spearman's rho correlation test. The results showed that most respondents experienced moderate stress levels and moderate emotional eating categories. Statistical analysis showed a significant relationship between stress levels and emotional eating among female students at SMKN 2 Jember with a p-value of 0.006 ($p < 0.05$) and a correlation coefficient of $r = 0.251$, indicating a positive relationship with weak correlation strength. The higher the stress level experienced by the students, the higher the tendency for emotional eating. This study highlights the importance of stress management efforts in adolescents to prevent the development of unhealthy eating behaviors.

Keywords: *Stress Level, Emotional Eating, Female Adolescents.*