

**THE RELATIONSHIP BETWEEN EMOTIONAL EATING AND SEDENTARY  
LIFESTYLE WITH OBESITY AMONG STUDENTS  
OF POLITEKNIK NEGERI JEMBER**

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**ABSTRACT**

*Obesity is a condition characterized by excessive body fat accumulation resulting from an imbalance between energy intake and energy expenditure, which increases the risk of various non-communicable diseases. University students are considered a vulnerable group for obesity due to lifestyle changes during their academic years, including emotional eating behavior and a sedentary lifestyle. This study aimed to analyze the relationship between emotional eating and sedentary lifestyle with obesity among students of Politeknik Negeri Jember. This study employed an analytical observational design with a cross-sectional approach. A total of 121 active sixth- and eighth-semester students were selected using proportional random sampling. Emotional eating data were collected using the Dutch Eating Behaviour Questionnaire (DEBQ), while sedentary lifestyle was assessed using a modified Sedentary Behaviour Questionnaire (SBQ). Obesity status was determined based on Body Mass Index (BMI) measurements. Data were analyzed using the Chi-square test. The results showed a significant relationship between emotional eating and obesity ( $p = 0.000$ ), as well as between sedentary lifestyle and obesity ( $p = 0.001$ ). It can be concluded that emotional eating and sedentary lifestyle are significantly associated with obesity among students of Politeknik Negeri Jember.*

**Keywords:** *Emotional Eating, Sedentary Lifestyle, Obesity, University Students.*