

HUBUNGAN GAYA HIDUP SEHAT DAN *EMOTIONAL EATING* PADA MAHASISWA

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara gaya hidup sehat dan *emotional eating* pada mahasiswa. Hipotesis mayor penelitian ini adalah adanya hubungan negatif antara gaya hidup sehat dan *emotional eating* pada mahasiswa. Hipotesis minor dalam penelitian ini adalah (1) adanya hubungan negatif antara gaya hidup sehat dan *emotional eating* pada mahasiswa saat senang (*happiness*), (2) adanya hubungan negatif antara gaya hidup sehat dan *emotional eating* pada mahasiswa saat sedih (*sadness*), (3) adanya hubungan negatif antara gaya hidup sehat dan *emotional eating* pada mahasiswa saat marah (*anger*) dan (4) adanya hubungan negatif antara gaya hidup sehat dan *emotional eating* saat cemas (*anxiety*). Subjek dalam penelitian ini adalah 307 individu laki-laki maupun perempuan berusia 18-25 tahun yang berstatus sebagai mahasiswa. Penelitian ini merupakan penelitian kuantitatif dengan teknik *non-probability* dengan metode *convenience sampling* dalam pengambilan sampel. Metode pengumpulan data menggunakan dua skala Likert, yaitu skala gaya hidup sehat dan skala *emotional eating*. Uji coba skala yang dilakukan menghasilkan koefisien reliabilitas pada skala gaya hidup sehat sebesar 0,929 dan skala *emotional eating* sebesar 0,892. Teknik analisis data yang digunakan adalah teknik korelasi *Spearman's Rho*. Hasil uji korelasi variabel gaya hidup sehat dan variabel *emotional eating* menunjukkan skor koefisien korelasi sebesar 0,151 dan nilai signifikansi sebesar 0,004. Berdasarkan hasil tersebut, hipotesis mayor penelitian tidak terbukti dan dapat disimpulkan bahwa tidak terdapat hubungan negatif antara gaya hidup sehat dan *emotional eating* pada mahasiswa. Uji korelasi variabel gaya hidup sehat dan dimensi-dimensi variabel *emotional eating* dilakukan pada dimensi yang terbukti secara linear, yaitu dimensi *sadness* dan dimensi *anxiety*. Uji hipotesis minor pada dimensi *happiness* dan *anger* tidak dapat dilakukan karena uji asumsi tidak terpenuhi sebagai syarat uji korelasi. Hasil uji korelasi variabel gaya hidup sehat dan dimensi *sadness* menunjukkan skor koefisien korelasi sebesar 0,125 dan nilai signifikansi sebesar 0,014. Hasil uji korelasi variabel gaya hidup sehat dan variabel *emotional eating* dimensi *sadness* menunjukkan skor koefisien korelasi sebesar 0,139 dan nilai signifikansi sebesar 0,007. Berdasarkan hasil tersebut, dua hipotesis minor penelitian tidak terbukti dan dapat disimpulkan bahwa tidak terdapat hubungan negatif antara gaya hidup sehat dan *emotional eating* karena pengaruh emosi sedih dan cemas.

Kata kunci: gaya hidup sehat, *emotional eating*, mahasiswa.

THE RELATIONSHIP OF HEALTHY LIFESTYLE AND EMOTIONAL EATING IN COLLEGE STUDENTS

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ABSTRACT

The research is aimed to determine the relationship between tendency of healthy lifestyle and emotional eating on college students. The major hypothesis of this research is that there is tendency of negative relationship between healthy lifestyle and emotional eating on college students. The minor hypothesis of this research is (1) there is negative relationship between the tendency of healthy lifestyle and emotional eating on college students when they are happy, (2) there is negative relationship between the tendency of healthy lifestyle and emotional eating on college students when they are sad, (3) there is negative relationship between the tendency of healthy lifestyle and emotional eating on college students when they are angry, and (4) there is negative relationship between the tendency of healthy lifestyle and emotional eating on college students when they are anxious . The subjects of this study were 307 male and female individuals aged 18-25 years who were college students. This research is quantitative research through probability technique and convenience sampling method in collecting sample. The data were collected by using two Linkert scales, namely healthy lifestyle scale and emotional eating scale. The scale resulted in a reliability coefficient on a healthy lifestyle scale of 0,929 and an emotional eating scale of 0,892. The data analysis technique used was Spearman's Rho correlation. The results of the correlation test show a correlation coefficient score of 0,151 and the significance value is 0,004. Based on the results, the major research hypothesis does not prove right and can be concluded that there is no negative relationship between the tendency of a healthy lifestyle and emotional eating on college students. The correlation test for healthy lifestyle variables and the dimension of emotional eating variables are carried out on dimensions that are proven linearly which are dimension of sadness and dimension of anxiety. The minor hypothesis about dimensions of happiness and anger cannot be done because the two assumption test are not fulfilled for correlation test. The results of the correlation test for healthy lifestyle variables and emotional eating variables on the dimension of sadness show a correlation coefficient score of 0,125 and the significance values is 0,014. The results of the correlation test for healthy lifestyle variables and emotional eating variables on the dimension of anxiety show a correlation coefficient score of 0,139 and the significance values is 0,007. Based on the results, the two minor hypothesis does not prove right and can be concluded that there is no negative relationship between the tendency of a healthy lifestyle and emotional eating on the dimensions of sadness and anxiety.

Keywords: healthy lifestyle, emotional eating, college students