

ABSTRACT

Puspa Adeline Hega. 2024. The Correlation between Future Anxiety and Fast Food Consumption Frequency on Early Adult College Students in Special Region of Yogyakarta Province. *Thesis*: Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University

The research aims to determine the relationship between future anxiety and frequency of fast food consumption among early adult university students in the Special Region of Yogyakarta (DIY). It is important to study this so that the population knows the factors of irrational fast food consumption and minimize and even stop its consumption which is harmful to health. The hypothesis is that there is a positive relationship between the frequency of fast food consumption and future anxiety in early adult university students in Yogyakarta Province. Participants were 476 college students 18-25 years old. Research design with nonprobability sampling. Research scales Dark Future Scale (DFS) and Food Frequency Questionnaire (FFQ). Reliability of FFQ from 0.6 to 0.89 and DFS from 0.82 to 0.903. Assumption test results showed linear and normal data. The correlation coefficient with Pearson Correlation Test in SPSS 25. The result was a correlation between the main variables of 0.136 $p = 0.001$ ($p < 0.05$). Thus, there is a positive and weak relationship between the frequency of fast food consumption and future anxiety. Future research suggestions examine the cause of the weak correlation between the two main variables and the dimensions of future anxiety and their interventions.

Key words: *Future Anxiety, Fast Food Consumption Frequency, Early Adulthood Students*

ABSTRAK

Puspa Adeline Hega. 2024. Hubungan Kecemasan Masa Depan dan Frekuensi Konsumsi Makanan Cepat Saji Pada Mahasiswa Dewasa Awal di Provinsi Daerah Istimewa Yogyakarta. *Skripsi*: Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma

Riset bertujuan untuk mengetahui hubungan antara kecemasan masa depan dan frekuensi konsumsi makanan cepat saji pada mahasiswa dewasa awal di Daerah Istimewa Yogyakarta (DIY). Hal itu penting diteliti agar populasi mengetahui faktor konsumsi makanan cepat saji irasional dan meminimalisir bahkan menghentikan konsumsinya yang membahayakan kesehatan. Hipotesisnya ada hubungan positif antara frekuensi konsumsi makanan cepat saji terhadap kecemasan masa depan pada mahasiswa dewasa awal di Provinsi DIY. Partisipan 476 mahasiswa 18-25 tahun. Desain riset dengan *nonprobability sampling*. Skala riset *Dark Future Scale (DFS)* dan *Food Frequency Questionnaire (FFQ)*. Reliabilitas *FFQ* dari 0,6 sampai 0,89 dan *DFS* dari 0,82 hingga 0,903. Hasil uji asumsi menunjukkan data linear dan normal. Koefisien korelasi dengan Uji Korelasi *Pearson* dalam *SPSS 25*. Hasilnya korelasi antar variabel utama $0,136$ $p = 0,001$ ($p < 0,05$). Jadi, ada hubungan positif dan lemah antara frekuensi konsumsi makanan cepat saji dan kecemasan masa depan. Saran riset selanjutnya meneliti penyebab lemahnya korelasi kedua variabel utama dan dimensi kecemasan masa depan beserta intervensinya.

Kata kunci: Kecemasan Masa Depan, Frekuensi Konsumsi Makanan Cepat Saji, Mahasiswa Dewasa Awal