

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA  
POLITEKNIK KESEHATAN KEMENKES RIAU  
PROGRAM STUDI DIPLOMA III GIZI**

*TUGAS AKHIR, 2021*

**NUR KINTAN LATIFAH CIK**

**GAMBARAN TINGKAT STRES, PERILAKU MAKAN DAN STATUS GIZI  
PADA MAHASISWA JURUSAN GIZI POLTEKKES KEMENKES RIAU  
xii + 51 Halaman + 10 Tabel + 2 Gambar + 8 Lampiran**

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**ABSTRAK**

Stres merupakan sebuah bentuk respon tubuh seseorang yang memiliki beban pekerjaan berlebihan. Individu yang mengalami stres memiliki perilaku makan yang buruk dan memakan banyak makanan tidak sehat. Tujuan penelitian ini untuk mengetahui gambaran tingkat stres, perilaku makan dan status gizi pada mahasiswa jurusan gizi Poltekkes Kemenkes Riau.

Jenis penelitian ini adalah penelitian observasional dan deskriptif kualitatif dengan menggunakan teknik *random sampling*. Sampel pada penelitian ini adalah mahasiswa Tk.1 Poltekkes Kemenkes Riau yang berdomisili di Pekanbaru karena akan dilakukan pengukuran antropometri yaitu sebanyak 25 orang.

Hasil penelitian ini terdapat tingkat stres paling banyak dalam kategori sangat berat dengan presentasi 64%. Hasil penelitian perilaku makan paling banyak dengan kategori *Emotional Under Eating* dengan presentasi 52% dan berdasarkan hasil wawancara yang telah dilakukan pada responden yang mengalami EUE memiliki kebiasaan makan yaitu konsumsi makanan pokok 1-2 kali dan lebih memilih makanan ringan dan minuman boba. Pada penelitian status gizi paling banyak dengan kategori normal dengan presentasi 52%. Dari hasil penelitian ini dapat disimpulkan bahwa mahasiswa jurusan gizi Poltekkes Kemenkes Riau memiliki tingkat stres yang sangat berat, dengan perilaku makan yaitu *Emotional Under Eating* dan sebagian besar mahasiswa memiliki status gizi normal.

Referensi : 21 (2011 – 2020)

Kata Kunci : Tingkat Stres, Perilaku Makan, Status Gizi.

**HEALTH MINISTRY REPUBLIC OF INDONESIA  
HEALTH POLYTECHNIC OF HEALTH MINISTRY OF RIAU  
DIPLOMA III NUTRITION DEPARTMENT**

***FINAL PROJECT, 2021***

**NUR KINTAN LATIFAH CIK**

**DESCRIPTION OF STRESS LEVEL, EATING BEHAVIOR, AND  
NUTRITIONAL STATUS IN STUDENTS OF NUTRITION DEPARTMENT OF  
HEALTH POLYTECHNIC, MINISTRY OF HEALTH RIAU**

**xii + 51 Pages + 10 Tables + 2 Pictures + 8 Attachments**

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**ABSTRACT**

Stress is a form of body response to someone who has an excessive workload. Individuals who experience stress have poor eating behavior and eat a lot of unhealthy foods. The purpose of this study was to describe the level of stress, eating behavior and nutritional status of students majoring in nutrition at the Health Polytechnic of Health Ministry of Riau

This type of research is an observational and descriptive qualitative research using random sampling method. The sample in this study was a Level 1 student of the Health Polytechnic of Health Ministry of Riau who lives in Pekanbaru because anthropometric measurements will be carried out as many as 25 people.

From the results of this study, it was found that the highest stress level was in the very severe category with a presentation of 64%, the results of research on eating behavior were in the Emotional Under Eating (EUE) category with a presentation of 52% and based on the results of interviews conducted on respondents who experienced EUE. have the habit of eating, namely consuming staple foods 1-2 times and preferring snacks and boba drinks. In this study, the most nutritional status was in the normal category with a presentation of 52%. From the results of this study it can be concluded that students majoring in nutrition Health Polytechnic of Health Ministry of Riau have a very heavy level of stress, with eating behavior that is Emotional Under Eating and most students have normal nutritional status.

References : 21 (2011 – 2020)

Keywords : Stress Level, Eating Behavior, Nutritional Status