

ABSTRAK

Hubungan Alexithymia dengan Perilaku *Emotional Eating* pada Mahasiswa di Jabodetabek serta Tinjauannya dalam Islam

Prevalensi obesitas di Indonesia mengalami peningkatan khususnya pada golongan populasi dewasa muda seperti mahasiswa. Perilaku makan berlebihan dan tidak menyehatkan menjadi faktor umum penyebab terjadinya obesitas. Perilaku makan sangat berkaitan dengan emosi. Kondisi yang membuat seseorang menggunakan makanan sebagai media untuk mengurangi emosi negatif disebut *emotional eating*. *Emotional eating* berhubungan dengan alexithymia, ketidakmampuan dalam mengidentifikasi serta mengekspresikan emosi yang dialami individu dengan alexithymia membuat mereka menggunakan perilaku seperti *emotional eating* sebagai bentuk pengungkapan emosi yang dirasakan. Penelitian ini bertujuan untuk meneliti apakah terdapat hubungan antara alexithymia dengan perilaku *emotional eating* pada mahasiswa di Jabodetabek. Penelitian ini menggunakan pendekatan kuantitatif dengan kuesioner TAS-20 untuk mengukur alexithymia ($\alpha = 0.838$) dan kuesioner EES untuk mengukur *emotional eating* ($\alpha = 0.893$). Dengan menggunakan *accidental sampling*, terdapat 148 orang partisipan dengan kriteria mahasiswa (18-25 tahun) dan berdomisili di Jabodetabek. Uji korelasi *Spearman* tidak menunjukkan korelasi yang signifikan antara alexithymia dan *emotional eating* ($r_s = 0.083$; $p < .05$,), sehingga hipotesis alternatif ditolak. Dalam tinjauan islam alexithymia berhubungan dengan perilaku *emotional eating*.

Kata kunci : Alexithymia, Mahasiswa, *Emotional Eating*, Obesitas

ABSTRACT

The Relationship Between Alexithymia and Emotional Eating among University Students at Jabodetabek and its Review on Islamic Perspective

The prevalence of obesity in Indonesia has increased, especially in the young adult population, such as college students. Excessive and unhealthy eating behavior is a common factor causing obesity. Eating behavior is closely related to emotions. Conditions that make a person use food as a medium to reduce negative emotions are called emotional eating. Emotional eating is related to alexithymia, the inability to identify and express the emotions experienced by individuals with alexithymia makes them use behaviors such as emotional eating as a form of expressing their emotions. This study aims to examine whether there is a relationship between alexithymia and emotional eating behavior among college students in Greater Jakarta. This study used a quantitative approach with the TAS-20 questionnaire to measure alexithymia ($\alpha = 0.838$) and the EES questionnaire to measure emotional eating ($\alpha = 0.893$). Using accidental sampling, there were 148 participants with student criteria (18-25 years) and domiciled in Greater Jakarta. Spearman's correlation test did not show a significant correlation between alexithymia and emotional eating ($r_s = 0.083$; $p < .05$), so the alternative hypothesis was rejected. In an Islamic review, alexithymia is related to emotional eating behavior.

Keyword : Alexithymia, University Students, Emotional Eating, Obesity