

ABSTRACT

Emotional eating behavior is eating behavior that is driven by the state of stress experienced by students. Stressed students will carry out coping mechanisms to deal with stress. Emotional eating behavior is one way that can be used to minimize emotional stress. However, religious coping can also be used as a coping mechanism that can help relieve student stress. The purpose of this study was to determine the relationship between emotional eating behavior and religious coping. The study was conducted on final students of Islamic Higher Education (PTI) who were preparing their thesis. This study uses a quantitative method with accidental sampling. One hundred and two students (N=102; age 21-25 years) in the final semester of an Islamic university domiciled in JABODETABEK participated in this study by completing the Eating Appraisal due to Emotions and Stress (EADES) and Iranian Religious Coping Scale (IRCOPE) measurement tools. There is a significant relationship between the appraisal of ability and resources to cope with stress and emotions (EADES) dimensions with the two dimensions of IRCOPE, namely: benevolent reappraisal ($r = 0.228$; $p = 0.021$) and active religious coping dimensions ($r = 0.275$; $p = 0.005$). In addition, there is a relationship between appraisal of outside stressors and influences of EADES and IRCOPE's benevolent reappraisal dimensions ($r = 0.263$; $p = 0.008$). The results showed that students who actively worship use religious coping by drawing closer to Allah SWT and Seeing that the obstacles and challenges they experience are temporary and will make them better, students tend to assess themselves as having the ability and resources to deal with the stress and negative emotions they experience. This is in line with the teachings of Islam, that someone who draws closer to Allah SWT will be more accepting and calm in facing difficult situations.

Keywords: Eating, Emotional, Religious, Islamic