

ABSTRAK

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Program Studi : Kedokteran
Judul Skripsi : Hubungan Tingkat Stres Terhadap Peningkatan Frekuensi Konsumsi *Junk Food* Pada Mahasiswa Kedokteran Universitas Yarsi Angkatan 2023 dan Tinjauannya Menurut Padangan Islam

Latar Belakang: Mahasiswa kedokteran menghadapi tekanan akademik yang signifikan, yang sering kali mendorong pencarian mekanisme koping untuk meredakan emosi negatif. Salah satu bentuk mekanisme koping yang sering dilakukan salah satunya konsumsi *Junk Food*, makanan tinggi kalori dan rendah nutrisi, yang digunakan sebagai respons terhadap stres.

Tujuan: Penelitian ini bertujuan untuk menganalisis hubungan antara tingkat stres dengan peningkatan frekuensi konsumsi *junk food* pada mahasiswa Kedokteran Universitas YARSI angkatan 2023.

Metode: Penelitian kuantitatif korelasional dengan pendekatan *cross-sectional* melibatkan 75 responden yang dipilih secara *purposive sampling* dari 300 mahasiswa; tingkat stres diukur menggunakan PSS-10 dan frekuensi konsumsi *junk food* dicatat melalui *24-hour dietary recall*, kemudian dianalisis dengan uji korelasi Spearman menggunakan SPSS.

Hasil: Hasil penelitian menunjukkan bahwa mayoritas mahasiswa mengalami stres pada kategori sedang (77,3%), diikuti stres ringan (12,0%) dan berat (10,7%). Sebanyak 46,7% mahasiswa sering mengonsumsi *junk food* (≥ 3 kali seminggu) dan 44,0% jarang mengonsumsi (1-2 kali seminggu). Uji statistik menunjukkan hubungan signifikan yang searah namun lemah antara tingkat stres dengan frekuensi konsumsi *junk food* ($P\text{-value} = 0,018$; $\rho = 0,273$).

Kesimpulan: Terdapat hubungan positif yang signifikan antara tingkat stres dengan frekuensi konsumsi *junk food* pada Mahasiswa Fakultas Kedokteran Universitas YARSI Angkatan 2023.

Kata Kunci: Tingkat Stres, *Junk Food*, Mahasiswa Kedokteran

ABSTRACT

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Judul Skripsi : *The Relationship Between Stress Levels and the Increase in Junk Food Consumption Frequency Among Batch 2023 Medical Students at YARSI University and Its Review According to Islamic Perspective*

Background *Medical students face significant academic pressure, which often drives them to seek coping mechanisms to alleviate negative emotions. One common coping mechanism is the consumption of junk food—defined as foods high in calories and low in nutrients—as a response to stress.*

Objective *This study aims to analyze the relationship between stress levels and the increased frequency of junk food consumption among batch 2023 medical students at YARSI University.*

Method *This quantitative correlational study utilized a cross-sectional approach involving 75 respondents selected via purposive sampling from a population of 300 students. Stress levels were measured using the Perceived Stress Scale (PSS-10), and junk food consumption frequency was recorded through a 24-hour dietary recall. Data were analyzed using the Spearman correlation test through SPSS software.*

Results *The findings showed that the majority of students experienced moderate stress (77.3%), followed by mild stress (12.0%) and severe stress (10.7%). Regarding consumption patterns, 46.7% of students frequently consumed junk food (≥ 3 times per week), while 44.0% consumed it rarely (1-2 times per week). Statistical testing indicated a significant, direct, but weak relationship between stress levels and junk food consumption frequency ($P\text{-value} = 0.018$; $\rho = 0.273$).*

Conclusion *There is a significant positive relationship between stress levels and the frequency of junk food consumption among Batch 2023 Medical Students at YARSI University.*

Keywords: *Stress Level, Junk Food, Medical Students.*