

ABSTRAK

UNIVERSITAS ESA UNGGUL
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HUBUNGAN KUALITAS DIET, *EMOTIONAL EATING*, DAN KEKUATAN OTOT DENGAN *VISCERAL FAT* PADA MAHASISWI DI UNIVERSITAS ESA UNGGUL JAKARTA

VI Bab, 107 Halaman, 21 Tabel, 0 Gambar, 73 Lampiran

Latar Belakang: Mahasiswi dengan berat badan lebih mengalami perubahan komposisi tubuh seperti lemak perut atau abdominal yaitu lemak visceral (*visceral fat*) terutama pada mahasiswi usia dewasa dan masih belum banyak diteliti di Indonesia. Permasalahan ini tentu adanya faktor-faktor yang dapat mempengaruhi seperti, kualitas diet, *emotional eating*, dan kekuatan otot.

Tujuan: Menguji hubungan antara kualitas diet, *emotional eating*, kekuatan otot dengan *visceral fat* mahasiswi.

Metode Penelitian: Desain penelitian yang digunakan adalah *cross sectional* dengan sampel 57 responden dengan menggunakan uji korelasi *Spearman*. Data kualitas diet menggunakan HEI-Indonesia (*Health Eating Index*) dengan *recall* 2x24 jam, *emotional eating* dengan kuesioner EADES (*Eating Appraisal Due to Emotions and Stress*), kekuatan otot genggam tangan menggunakan *grip strength dynamometer* dan data *visceral fat* menggunakan BIA (*Bioelectrical Impedance Analysis*).

Hasil Penelitian: Ada hubungan negatif antara kualitas diet dengan *visceral fat* ($p= 0.020$; $r = -0.307$), adanya hubungan positif antara *emotional eating* dengan *visceral fat* ($p= 0.000$; $r= 0.770$), menggunakan makan untuk mengontrol suasana hati dengan *visceral fat* ($p= 0.000$; $r= 0.552$) ketidakpercayaan diri saat makan dengan *visceral fat* ($p= 0.000$; $r= 0.589$) tidak ada hubungan keyakinan dapat mengontrol makanan saat emosi dengan *visceral fat* ($p= 0.260$; $r= -0.152$), ada hubungan negatif antara kekuatan otot dengan *visceral fat* ($p= 0.002$; $r = -0.398$).

Kesimpulan: Ada hubungan antara kualitas diet dengan *visceral fat* mahasiswi, ada hubungan *emotional eating* dengan *visceral fat* dan ada hubungan kekuatan otot dengan *visceral fat* mahasiswi.

Kata Kunci: *Visceral fat*, kualitas diet, *emotional eating*, kekuatan otot.

ABSTRACT

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THE RELATIONSHIP BETWEEN DIET QUALITY, EMOTIONAL EATING, AND MUSCLE STRENGTH WITH VISCERAL FAT IN STUDENTS AT ESA UNGGUL UNIVERSITY JAKARTA

VI Chapter, 107 Pages, 21 Table, 0 Picture, 73 Appendices

Background: Female students with more body weight experience changes in body composition such as abdominal or abdominal fat, namely visceral fat, especially in adult female students and has not been widely studied in Indonesia. Of course, there are factors that can influence this problem, such as the quality of the diet, emotional eating, and muscle strength.

Objectives: Examining the relationship between diet quality, emotional eating, muscle strength and visceral fat of female students.

Research Method: The research design used was cross sectional with a sample of 57 respondents. Diet quality data used HEI-Indonesia (Health Eating Index) with 2 x 24 hour recall, emotional eating with the EADES (Eating Appraisal Due to Emotions and Stress) questionnaire, hand grip muscle strength using a grip strength dynamometer and visceral fat data using BIA (Bioelectrical Impedance Analysis).

Results: From the results of the Spearman correlation test, it was found that there was a negative relationship between diet quality and visceral fat ($p= 0.020$; $r = -0.307$), there was a positive relationship between emotional eating and visceral fat ($p= 0.000$; $r= 0.770$), using eating to control mood with visceral fat ($p= 0.000$; $r= 0.552$) lack of self-confidence when eating with visceral fat ($p= 0.000$; $r= 0.589$) there is no relationship between belief can control food when emotions with visceral fat ($p= 0.260$; $r= - 0.152$), there is a negative relationship between muscle strength and visceral fat ($p = 0.002$; $r = -0.398$).

Summary : There is a relationship between diet quality and visceral fat female students, there is a relationship between emotional eating and visceral fat and there is a relationship between muscle strength and visceral fat female students.

Keywords: Visceral fat, quality of diet, emotional eating, muscle strength.