

**RIWAYAT PRAKTIK PEMBERIAN MAKAN, PREFERENSI MAKANAN,
DAN *EMOTIONAL EATING* PADA MAHASISWA GIZI LEBIH DAN
NORMAL DI KOTA BANDUNG**



SKRIPSI

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Sarjana Gizi

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Riwayat Praktik Pemberian Makan, Preferensi Makanan, dan *Emotional Eating* pada Mahasiswa Gizi Lebih dan Normal di Kota Bandung

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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
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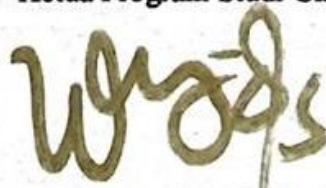
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Bandung, 16 Mei 2025

A handwritten signature in black ink, consisting of stylized, overlapping loops and a long horizontal stroke at the bottom.

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ABSTRAK

RIWAYAT PRAKTIK PEMBERIAN MAKAN, PREFERENSI MAKANAN, DAN EMOTIONAL EATING PADA MAHASISWA GIZI LEBIH DAN NORMAL DI KOTA BANDUNG

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Pendahuluan: Tingginya prevalensi status gizi lebih pada usia dewasa masih menjadi permasalahan baik di Indonesia maupun di dunia. Pada dasarnya, status gizi lebih disebabkan oleh kelebihan asupan energi yang dipengaruhi oleh berbagai faktor seperti preferensi makanan, perilaku makan, status sosial ekonomi, dan lainnya. Orang tua memegang peranan utama dalam pemberian makanan sejak usia dini, yang dapat membentuk perilaku dan preferensi makan anak dan dibawa hingga dewasa. **Tujuan:** Penelitian ini dilakukan dengan tujuan untuk melihat apakah riwayat praktik pemberian makan oleh orang tua, preferensi makanan manis dan berlemak, dan perilaku *emotional eating* menjadi faktor risiko dari status gizi lebih pada mahasiswa Kota Bandung. **Metode:** Jenis penelitian ini adalah kuantitatif dengan pendekatan *case-control*. Penelitian dilakukan pada tanggal 18-28 Februari 2025 di beberapa perguruan tinggi Kota Bandung. Subjek penelitian didapatkan melalui teknik *purposive sampling* sebanyak 47 orang kelompok kasus (status gizi lebih) dan 47 orang kelompok kontrol (status gizi normal). **Hasil:** Ditemukan hubungan antara riwayat praktik pemberian makan ($p = 0,038$, OR = 2,616) dan *emotional eating* ($p = 0,001$, OR = 4,551) terhadap status gizi. Namun, tidak ditemukan hubungan antara preferensi makanan manis dan berlemak dengan status gizi ($p = 1,000$; OR = 0,489). **Kesimpulan:** Praktik pemberian makan yang tidak baik dan perilaku *emotional eating* dapat meningkatkan risiko status gizi lebih. Oleh karena itu, masyarakat umum dan orang tua disarankan menerapkan pemberian makan yang responsif serta perilaku makan dan regulasi emosi yang baik.

Kata Kunci: *Emotional Eating*, Pemberian Makan, Status Gizi Lebih, Preferensi Makanan

ABSTRACT

FEEDING PRACTICE HISTORY, FOOD PREFERENCE, AND EMOTIONAL EATING IN OVERWEIGHT AND NORMAL COLLEGE STUDENT IN BANDUNG

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Introduction: The high prevalence of overnutrition in adolescents remains a problem in Indonesia as well as worldwide. Overnutrition is essentially caused by excessive energy intake, which is influenced by a lot of factors, including food preference, eating behavior, social economic status, and others. Parents hold an important role of feeding in children, which can shape their eating behavior and food preferences that carried out to adulthood. **Objective:** This research was done to analyze whether the history of parental feeding, sweet and fatty food preference, and emotional eating are risk factors of overnutrition in college students in Bandung. **Methods:** This research is a quantitative case-control study. This research was conducted from February 18-28, 2025 in several colleges in Bandung. Sampling was done with purposive sampling consisting of 47 subjects in case group (overweight and obese) and 47 subjects in control group (normal-weight). **Results:** Associations were found between history of feeding ($p = 0,038$, $OR = 2,616$) and emotional eating ($p = 0,001$, $OR = 4,551$) with nutritional status. Meanwhile no association was found between sweet and fatty food preference with nutritional status ($p = 1,000$; $OR = 0,489$). **Conclusion:** Non-responsive parental feeding and emotional eating can increase the risk of overnutrition in adulthood. Therefore, general public and parents are advised to implement responsive feeding and healthy eating behavior as well as emotion regulation.

Keywords: Emotional Eating, Parental Feeding, Overnutrition, Food Preference

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CFPQ	: <i>Comprehensive Feeding Practices Questionnaire</i>
EEQ	: <i>Emotional Eater Questionnaire</i>
EMAQ	: <i>Emotional Appetite Questionnaire</i>
FBPQ	: <i>Food and Beverage Preference Questionnaire</i>
IMT	: Indeks Massa Tubuh
PGS	: Pedoman Gizi Seimbang
UNICEF	: <i>United Nations Children's Fund</i>
VTa	: <i>Ventral Tegmental Area</i>
WHO	: <i>World Health Organization</i>

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