

**HUBUNGAN DURASI PENERAPAN *INTERMITTENT FASTING*
TERHADAP KUALITAS DIET DAN RISIKO TERJADINYA PERILAKU
EMOTIONAL EATING PADA MAHASISWA**



SKRIPSI

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar sarjana
keperawatan

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**PROGRAM STUDI SARJANA KEPERAWATAN
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TAHUN 2025**

Hubungan Durasi Penerapan *Intermittent Fasting* Terhadap Kualitas Diet dan Risiko Terjadinya Perilaku *Emotional Eating* pada Mahasiswa

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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
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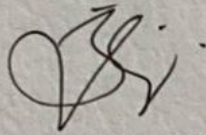
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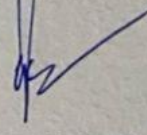
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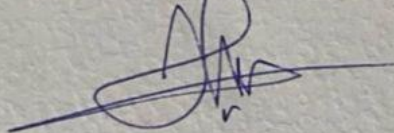
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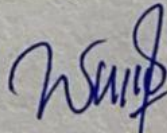
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ABSTRAK

Intermittent fasting (IF) merupakan salah satu metode diet yang saat ini banyak diterapkan oleh mahasiswa untuk mencapai berat badan ideal dan meningkatkan gaya hidup sehat. Namun, pelaksanaan IF yang tidak tepat dapat memengaruhi kualitas diet dan memicu perilaku *emotional eating*. Penelitian ini bertujuan untuk mengetahui hubungan antara penerapan *intermittent fasting* terhadap kualitas diet dan risiko terjadinya perilaku *emotional eating* pada mahasiswa. Penelitian menggunakan desain kuantitatif korelasional dengan pendekatan *cross-sectional*. Sampel diambil menggunakan teknik *total sampling* dengan kriteria inklusi mahasiswa yang sedang menerapkan IF. Instrumen penelitian terdiri dari Kuesioner Durasi Penerapan *Intermittent Fasting*, *Diet Quality Questionnaire* (DQQ), dan *Emotional Eater Questionnaire* (EEQ). Analisis data dilakukan secara univariat untuk mendeskripsikan karakteristik responden dan secara bivariat menggunakan uji *Spearman's correlation* untuk menganalisis hubungan antar variabel. Hasil menunjukkan bahwa tidak ada hubungan signifikan antara durasi penerapan IF dengan kualitas diet (*p-value* 0,277) maupun durasi penerapan IF dengan terjadinya risiko *emotional eating* (*p-value* 0,548) pada mahasiswa. Hal ini dikarenakan terdapat faktor lain yang mempengaruhi kualitas diet dan munculnya perilaku *emotional eating*, pengumpulan dan pengukuran data harus dilakukan di setiap kategori durasi pada satu responden yang sama. Diharapkan pada penelitian selanjutnya dapat menggunakan desain longitudinal prospektif untuk memastikan hubungan sebab-akibat yang lebih kuat dan perubahan pada kualitas diet serta *emotional eating* yang lebih akurat.

Kata Kunci: *Emotional Eating*, Kualitas Diet, Puasa Intermiten

ABSTRACT

Intermittent fasting (IF) is one of the diet methods that are currently widely applied by students to achieve ideal body weight and promote a healthy lifestyle. However, improper implementation of IF can affect the quality of the diet and trigger emotional eating behavior. This study aims to determine the relationship between the application of intermittent fasting to the quality of diet and the risk of emotional eating behavior in students. The study used correlational quantitative design with cross-sectional approach. Samples were taken using total sampling technique with inclusion criteria of students who are applying IF. The research instruments consisted of Duration Of Intermittent Fasting Questionnaire , Diet Quality Questionnaire (DQQ), and Emotional Eater Questionnaire (EEQ). Data analysis was conducted univariate to describe the characteristics of respondents and bivariate using Spearman's correlation test to analyze the relationship between variables. The results showed that there was no relationship between the duration of if application with diet quality (p-value 0.277) and the duration of if application with the risk of emotional eating (p-value 0.548) in students. This is because there are other factors that affect the quality of diet and the emergence of emotional eating behavior, data collection and measurement must be applied in each category of duration to the same respondent. It is expected that future studies can use prospective longitudinal designs to ensure stronger cause-and-effect relationships and more accurate changes in the quality of diet and emotional eating.

Keywords: *Emotional Eating, Quality of Diet, Intermittent Fasting*

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DAFTAR SINGKATAN

ADF	: <i>Alternate Day Fasting</i>
BDNF	: <i>Brain-Derived Neurotrophic Factor</i>
BHB	: <i>Beta-Hidroksibutirat</i>
BMI	: <i>Body Mass Index</i>
DHEA-S	: <i>Dehydroepiandrosterone Sulfate</i>
DQQ	: <i>Diet Quality Questionnaire</i>
EE	: <i>Emotional Eating</i>
EEQ	: <i>Emotional Eater Questionnaire</i>
FSH	: <i>Follicle Stimulating Hormone</i>
GDR	: <i>Global Dietary Recommendations</i>
HDL	: <i>High Density Lipoprotein</i>
HEI	: <i>Healthy Eating Index</i>
IF	: <i>Intermittent Fasting</i>
JASP	: <i>Jeffrey's Amazing Statistics Program</i>
LH	: <i>Luteinizing Hormone</i>
LOA	: <i>Letter of Acceptance</i>
PTM	: <i>Penyakit Tidak Menular</i>
QoL	: <i>Quality of Life</i>
RCT	: <i>Randomized Controlled Trial</i>
SHBG	: <i>Sex Hormone Binding Globulin</i>
SK	: <i>Surat Keputusan</i>
SSP	: <i>Sistem Saraf Pusat</i>
TRE	: <i>Time Restricted Eatireng</i>
TSH	: <i>Thyroid Stimulating Hormone</i>

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