

ABSTRAK

Yasinthia Niat Harefa : Hubungan Tingkat Stres dan Kualitas Tidur dengan Status Gizi Mahasiswa Program Studi Gizi Universitas Negeri Medan. Skripsi. Fakultas Teknik. Universitas Negeri Medan. 2025.

Permasalahan gizi merupakan salah satu permasalahan kesehatan yang belum dapat ditangani dengan tuntas baik di negara maju maupun di negara berkembang. Permasalahan gizi bisa dialami oleh siapa saja, mulai dari usia anak-anak, usia dewasa hingga usia lansia. Adapun permasalahan gizi yang sering dialami usia dewasa adalah *wasting*, *overweight* dan obesitas. Penelitian ini bertujuan untuk mengetahui hubungan tingkat stres dan kualitas tidur dengan status gizi mahasiswa Program Studi Gizi Universitas Negeri Medan.

Penelitian ini dilaksanakan di Universitas Negeri Medan di ruang laboratorium gizi dan dilaksanakan pada bulan Agustus 2024. Penelitian ini menggunakan desain penelitian *cross sectional*. Populasi penelitian adalah seluruh mahasiswa Program Studi Gizi Universitas dari angkatan 2021 sampai 2023. Teknik pengambilan sampel dengan *proportional sampling* dengan total sampel 72 responden. Teknik pengumpulan data menggunakan kuisioner karakteristik responden, kuisioner *Perceived Stress Scale-10* (PSS-10) dan kuisioner *Pittsburgh Sleep Quality Index* (PSQI). Status gizi responden didapat berdasarkan hasil perhitungan Indeks Masa Tubuh (IMT) responden. Teknik analisis data menggunakan deskripsi data, Uji *Chi Square* dan Uji Regresi Logistik.

Hasil penelitian menunjukkan sebagian besar responden berusia 19 tahun sebanyak 25 responden (34.7%), jenis kelamin responden sebagian besar adalah perempuan sebanyak 69 responden (95.8 %), sebagian besar responden tidak memiliki aktivitas di luar akademik sebanyak 48 responden (66.7 %). Sebagian besar tingkat stres responden adalah tingkat stres sedang sebanyak 46 responden (63,9%) dan sebagian besar kualitas tidur responden adalah kualitas tidur buruk sebanyak 37 responden (51.4%). Hasil uji *chi-square* pada variabel tingkat stres didapatkan *p-value* sebesar 0.000 dan variabel kualitas tidur didapatkan *p-value* sebesar 0.000 yang menandakan terdapat hubungan tingkat stres dengan status gizi dan terdapat hubungan kualitas tidur dengan status gizi. Hasil analisis regresi logistik variabel tingkat stres dengan status gizi didapatkan *p-value* sebesar 0.000 dan variabel kualitas tidur dengan status gizi didapatkan *p-value* sebesar 0.004 yang menandakan terdapat hubungan antara tingkat stres dan kualitas tidur dengan status gizi.

Kata Kunci : Status Gizi, Tingkat Stres, Kualitas Tidur

ABSTRACT

Yasintha Niat Harefa : *The Relationship between Stress Level and Sleep Quality with the Nutritional Status of Nutrition Study Program Students of Medan State University*. Thesis. Faculty of Engineering. Medan State University. 2025.

Nutrition problems are one of the health problems that have not been completely addressed in both developed and developing countries. This nutritional problem can be experienced by anyone, from the age of children, adults to the elderly. The nutritional problems that are often experienced in adulthood are wasting, overweight and obesity. This study aims to determine the relationship between stress levels and sleep quality and the nutritional status of students of the nutrition study program at Medan State University.

This research was carried out at the State University of Medan in the nutrition laboratory room and was carried out in August 2024. This study uses a cross sectional research design. The research population is all students of the University Nutrition Study Program from the class of 2021 to 2023. The sampling technique was proportional sampling with a total sample of 72 respondents. The data collection technique used a respondent characteristic questionnaire, a Perceived Stress Scale-10 (PSS-10) questionnaire and a Pittsburgh Sleep Quality Index (PSQI) questionnaire. The nutritional status of the respondents was obtained based on the results of the calculation of the respondent's Body Mass Index (BMI). The data analysis technique uses data description, Chi Square Test and Logistic Regression Test.

The results showed that most of the respondents were 19 years old as many as 25 respondents (34.7%), the gender of the respondents was mostly female as many as 69 respondents (95.8%), most of the respondents did not have activities outside of academics as many as 48 respondents (66.7%). Most of the respondents' stress levels were moderate stress levels of 46 respondents (63.9%) and most of the respondents' sleep quality was poor sleep quality as many as 37 respondents (51.4%). The results of the chi-square test on the stress level variable were obtained with a p-value of 0.000 and the sleep quality variable was obtained with a p-value of 0.000 which indicates that there is a relationship between stress level and nutritional status and there is a relationship between sleep quality and nutritional status. The results of logistic regression analysis of the stress level variable with nutritional status were obtained with a p-value of 0.000 and the sleep quality variable with nutritional status was obtained with a p-value of 0.004 which indicates that there is a relationship between stress level and sleep quality and nutritional status.

Keywords: Nutritional Status, Stress Level, Sleep Quality