THESIS

THE CORRELATION BETWEEN STRESS LEVELS AND EATING BEHAVIOR OF THE LAST GRADE STUDENTS OF BACHELOR IN NURSING SCIENCE STUDY PROGRAM AT STIKES BANYUWANGI IN PREPARING THEIR THESIS IN 2022

By:

RIZKI INDRAWANGI

2018.02.043

BACHELOR OF NURSING SCIENCE STUDY PROGRAM

STIKES BANYUWANGI

BANYUWANGI

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To Obtain a Bachelor of Nursing Degree (S.Kep.) at Bachelor of Nursing Sciences Study Program in STIKES Banyuwangi

By

RIZKI INDRAWANGI

2018.02.043

BACHELOR OF NURSING SCIENCES STUDY PROGRAM

STIKES BANYUWANGI

BANYUWANGI

2022

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RIZKI INDRAWANGI
NIM: 2018.02.043

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Thesis entitled:

"The Correlation between Stress Levels and Eating Behavior on The Last Grade Students of Bachelor in Nursing Science Study Program at STIKES Banyuwangi in Preparing Their Thesis in 2022"

RIZKI INDRAWANGI
2018.02.043

Thesis has been approved

on August 1st, 2022

By:

The First Advisor

Ns. MASRONI, S.Kep.,M.S.N
NIK: 061220318

The Second Advisor

Ns. ANITA DWI ARIYANI, S. Kep., M.Kep
NIK: 060580510

Acknowledged,

Head of Bachelor of Nursing Sciences Study Program

Ns. SHOLIHIN, M.Kep.
NIK: 060050906

PAGE OF EXAMINER COMMITTEE ESTABLISHMENT

Thesis entitled:

The Correlation between Stress Levels and Eating Behavior on The Last Grade Students of Bachelor in Nursing Science Study Program at STIKES Banyuwangi in Preparing Their Thesis in 2022

Submitted by

RIZKI INDRAWANGI

2018.02.043

Examined in Front of Examiners Committee at Bachelor of Nursing Science Study Program in STIKES Banyuwangi

On August 1st, 2022

EXAMINERS COMMITTEE

The 1st Examiner : Ns. Sholihin, M.Kep .....

The 2nd Examiner : Ns. Riyan Dwi P., M. Kep .....

The 3rd Examiner : Ns. Masroni, S.Kep., M.S. .....

Acknowledged
Chairman of STIKES Banyuwangi

DR.H.SOEKARDJO
NIDN: 070109510

THE CORRELATION BETWEEN STRESS LEVELS AND EATING BEHAVIOR ON THE LAST GRADE STUDENTS OF BACHELOR IN NURSING SCIENCE STUDY PROGRAM AT STIKES BANYUWANGI IN PREPARING THEIR THESIS IN 2022

By:
Rizki Indrawangi

Bachelor in Nursing Science Study Program, STIKES Banyuwangi
Email: kkiueo@gmail.com

Stress is a human's response both physically and emotionally while there may be any alternative within the environment that requires a person to adjust. Many people use food as a coping mechanism to deal with feelings such as stress, boredom, or anxiety. Students who deal with academic stressors are at increased risk of food consumption. This study aims to determine the correlation between stress levels and eating behavior on the last grade students of Bachelor in Nursing Sciences Study Program at STIKES Banyuwangi in preparing their thesis in 2022.

This research used cross-sectional design study and total sampling technique. Data were collected by using DASS 42 (Depression Anxiety Stress Scale 42) and DEBQ (Dutch Eating Behavior Questionnaire) and were spread using google form. For the statistical analysis, it was used Spearman Rank test with SPSS version 25 for Windows.

The results showed that 35% of students suffered from moderate stress in preparing their thesis and 63% of them experienced moderate eating behavior. The results of analysis obtained significant research results with closeness correlation value of 0.498. It was obtained P-value of 0.000 which means P less than 0.05, thus there was correlation between the two variables and the coefficient value direction was positive.

It is very important for the last grade students to improve their ability in managing their stress levels, particularly when they write their thesis, to avoid stress and negative impact of eating behavior.

Keywords: Stress Level, Eating Behavior, Last Grade Students

PREFACE

In the name of Allah SWT, the Most Beneficent and Merciful. All praise is merely to the Mightiest Allah SWT, the lord of the worlds, for the gracious mercy and tremendous blessing that enable the writer to accomplish this thesis proposal. Thesis entitled "The Correlation between Stress Levels and Eating Behavior on The Last Grade Students at Bachelor in Nursing Science Study Program in STIKES Banyuwangi in Preparing Their Thesis in 2022", is submitted to fulfill one of the requirements in accomplishing the Bachelor of Nursing Degree at STIKES Banyuwangi.

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beneficial generally for all the readers and specifically for the readers in nursing sector.

Banyuwangi, August 1st, 2022

RIZKI INDRAWANGI

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LIST OF ABBREVIATIONS

WHO	:	World Health Organization
P2PTM	:	*Pencegahan dan Pengendalian Penyakit Tidak Menular* (Prevention and Control of Non-Communicable Diseases)
RISKESDAS	:	*Riset Kesehatan Dasar* (Basic Health Research)
DASS	:	Depresion Anxiety Stress Scale
DEBQ	:	Dutch Eating Behavior Questionnaire
NCDs	:	Non-Communicable Diseases
SPSS	:	Statistical Package for the Social Sciences

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