

Abstrak

Meningkatnya tekanan akademik selama ujian akhir semester sering dikaitkan dengan perilaku emotional eating sebagai pelampiasan emosi. Meskipun penelitian sebelumnya menunjukkan adanya pengaruh stres terhadap emotional eating, hasilnya masih tidak konsisten, terutama terkait faktor yang memengaruhi hubungan tersebut. Penelitian ini bertujuan menguji pengaruh stres akademik terhadap emotional eating serta peran regulasi diri sebagai moderator. Metode yang digunakan adalah kuantitatif dengan desain korelasional pada 247 mahasiswa Psikologi UIN Sunan Gunung Djati Bandung selama periode ujian akhir semester. Instrumen meliputi The Perception of Academic Stress Scale, Emotional Eating Questionnaire, dan Self-Regulation Questionnaire. Analisis menggunakan Moderated Regression Analysis (PROCESS Model 1) dengan SPSS 27. Hasil menunjukkan interaksi stres akademik dan regulasi diri signifikan ($B = 0.0114$; $p < 0.05$), sehingga regulasi diri terbukti memoderasi hubungan tersebut. Artinya, pengaruh stres akademik terhadap emotional eating berbeda tergantung tingkat regulasi diri mahasiswa.

Kata Kunci: Makan emosional, stres akademik, regulasi diri, mahasiswa, ujian



Abstract

Increased academic pressure during final exams is often associated with emotional eating as a form of emotional coping. Although previous studies have found a relationship between stress and emotional eating, the findings remain inconsistent, particularly regarding factors influencing this relationship. This study aims to examine the effect of academic stress on emotional eating and the moderating role of self-regulation. A quantitative correlational design was used, involving 247 psychology students from UIN Sunan Gunung Djati Bandung during the final exam period. The instruments included the Perception of Academic Stress Scale, Emotional Eating Questionnaire, and Self-Regulation Questionnaire. Moderation analysis was conducted using Moderated Regression Analysis (PROCESS Model 1) with SPSS version 27. The results showed a significant interaction between academic stress and self-regulation ($B = 0.0114$; $p < 0.05$), indicating that self-regulation moderates the relationship. Thus, the effect of academic stress on emotional eating varies depending on students' levels of self-regulation.

Keywords: Emotional eating, academic stress, self-regulation, college student, exam.

