

DAFTAR PUSTAKA

- Afrina, Mulyati, H., & Sulistia Aziz, D. (2019). Hubungan Perilaku Makan dengan Status Gizi pada Remaja Putri di SMK Negeri 1 Palu. *CHMK Health Journal*, 3(2), 6–10. <https://cyberchmk.net/ojs/index.php/kesehatan/article/view/521>
- Ahlich, E., Poovey, K., Cunning, A., Boyajian, L., & Rancourt, D. (2024). *Boredom, Interoceptive Ability, and Emotional Eating: An Experimental Study*. <https://ssrn.com/abstract=4988331>
- Aina, Q., & Hermilia Wijayati, P. (2019). Coping the Academic Stress: The Way the Students Dealing with Stress. *KnE Social Sciences*, 3(10), 212–223. <https://doi.org/10.18502/kss.v3i10.3903>
- Aliyya, A. (2020). *Pengaruh Stres Akademik Thwarted Belongingness dan Perceived Burdensomeness, Terhadap Ide Bunuh Diri pada Mahasiswa*. Universitas Syarif Hidayatullah.
- Al-Musharaf, S. (2020). Prevalence Awend Predictors of Emotional Eating Among Healthy Young Saudi Women during The COVID-19 Pandemic. *Nutrients*, 12(10), 1–17. <https://doi.org/10.3390/nu12102923>
- Ambarsarie, R. (2021). *Buku Saku Coping Stres pada Mahasiswa Generasi Z* (R. Ambarsarie, E. Yunita, & M. Sariyanti, Eds.). Unit Penerbitan dan Publikasi FKIP Univ. Bengkulu. <https://www.researchgate.net/publication/353945593>
- Ambarwati, P. D., Pinilih, S. S., & Astuti, R. T. (2017). Gambaran Tingkat Stres Mahasiswa. *Jurnal Keperawatan Jiwa*, 5(1), 40–47.
- Anindya, S. P., & Ekayanti, I. (2023). Hubungan Stres dan Emotional Eating dengan Kualitas Diet pada Mahasiswa Gizi IPB Tingkat Akhir. *Jurnal Ilmu Gizi Dan Dietetik*, 2(4), 245–254. <https://doi.org/10.25182/jigd.2023.2.4.245-254>
- Arip, M. A. S. M. A., Kamaruzaman, D. N., Roslan, A., & Ahmad, A. (2018). *Student Stress Inventory (SSI) Development, Validity And Reliability of Student Stress Inventory (SSI)*. <https://www.researchgate.net/publication/329555313>
- Armelia, Y., & Irianto, A. (2021). Pengaruh Uang Saku dan Gaya Hidup Terhadap Perilaku Konsumtif Mahasiswa. *Ejournal UNP*, 4(3), 418–426. <http://ejournal.unp.ac.id/students/index.php/pek/index>
- Artadini, G. M., Simanungkalit, S. F., & Wahyuningsih, U. (2022). Hubungan Kebiasaan Makan, Paparan Media Sosial dan Teman Sebaya dengan Status Gizi Mahasiswa Program Studi Gizi UPN Veteran Jakarta. *Jurnal Gizi Dan Kesehatan*, 14(2), 317–329.
- Ayyıldız, F., Akbulut, G., Karaçil Ermumcu, M. Ş., & Acar Tek, N. (2023). Emotional and intuitive eating: An emerging approach to eating behaviours related to obesity. *Journal of Nutritional Science*, 12. [org/10.1017/jns.2023.11](https://doi.org/10.1017/jns.2023.11)
- 'arsini, S., & Yulindari, K. P. (2023). Hubungan Stres Akademik Kecenderungan Depresi Mahasiswa Ilmu Keperawatan s Gajah Mada pada Masa Transisi Pandemi COVID-19. *Jurnal s Klinis Dan Komunitas (Clinical and Community Nursing* 7(2), 114. <https://doi.org/10.22146/jkkk.84827>
- ; Salamor, J. M. (2022). Gambaran Tingkat Stres Mahasiswa akhir yang Sedang Menyelesaikan Skripsi di Universitas Hein



- Namotemo. *Jurnal Keperawatan Dan Kesehatan Masyarakat*, 2(1), 35–40. <https://doi.org/10.55984/leleani/v2i1/99>
- Barbayannis, G., Bandari, M., Zheng, X., Baquerizo, H., Pecor, K. W., & Ming, X. (2022). Academic Stress and Mental Well-Being in College Students: Correlations, Affected Groups, and COVID-19. *Frontiers in Psychology*, 13, 1–10. <https://doi.org/10.3389/fpsyg.2022.886344>
- Barseli, M., & Ildil, I. (2017). Konsep Stres Akademik Siswa. *Jurnal Konseling Dan Pendidikan*, 5(3), 143–148. <https://doi.org/10.29210/119800>
- Bedewy, D., & Gabriel, A. (2015). Examining perceptions of academic stress and its sources among university students: The Perception of Academic Stress Scale. *Health Psychology Open*, 2(2). <https://doi.org/10.1177/2055102915596714>
- Bennett, J., Greene, G., & Schwartz-Barcott, D. (2013). Perceptions of emotional eating behavior. A qualitative study of college students. *Appetite*, 60(1), 187–192. <https://doi.org/10.1016/j.appet.2012.09.023>
- Billa, N. K. I., & Savira, S. I. (2023). Analisis Deskriptif Strategi Coping Stress Pada Mahasiswa Tingkat Akhir yang Menyusun Skripsi Di Fakultas Ilmu Pendidikan Universitas Negeri Surabaya. *Jurnal Penelitian Psikologi*, 10(03), 447–459. <https://ejournal.unesa.ac.id/index.php/character/article/view/54390>
- Caso, D., Capasso, M., Fabbricatore, R., & Conner, M. (2020). Unhealthy eating and academic stress: The moderating effect of eating style and BMI. *Health Psychology Open*, 7(2), 1–15. <https://doi.org/10.1177/2055102920975274>
- de Carvalho, M. V., Cardoso, A. G. de A., Feuerstein, S. C., Sousa, R. R. de, Collese, T. S., Torres-Leal, F. L., Nascimento-Ferreira, M. V., & De Moraes, A. C. F. (2023). Reliability and Validity of The Dutch Eating Behavior Questionnaire in an Online Format for University Students from Low-Income Regions in a Pandemic Context: A 24 Hour MESYN Study. *Frontiers in Epidemiology*, 2, 1–8. <https://doi.org/10.3389/fepid.2022.1036631>
- Deliens, T., Clarys, P., De Bourdeaudhuij, I., & Deforche, B. (2014). Determinants of Eating Behaviour in University Students: A Qualitative Study Using Focus Group Discussions. *BMC Public Health*, 14(53), 1–12. <https://doi.org/10.1186/1471-2458-14-53>
- Dewi, Y., Relaksana, R., & Siregar, A. Y. M. (2021). Analisis Faktor Socioeconomic Status (SES) Terhadap Kesehatan Mental: Gejala Depresi di Indonesia. *Jurnal Ekonomi Kesehatan Indonesia*, 5(2). <https://doi.org/10.7454/eki.v5i2.4125>
- Fayasari, A., & Lestari, P. W. (2022). Stres dan Depresi Berkaitan dengan Emotional Eating dan Mindful Eating pada Mahasiswa saat Pandemi COVID-19. *Action: Aceh Nutrition Journal*, 7(2), 127–135. <https://doi.org/10.30867/action.v7i2.622>
- ...ro, D., & Seco-Calvo, J. (2023). Nutrition, Nutritional Status and ity. In *Nutrients* (Vol. 15, Issue 8). MDPI. <https://doi.org/10.3390/nu15081944>
- ... & Dias, T. L. (2021). Validity and Reliability of the Perceptions ic Stress Scale. *Psicologia - Teoria e Prática*, 23(1), 1–21. <https://doi.org/10.5935/1980-6906/eptppa13041>



- Gaol, N. T. L. (2016). Teori Stres: Stimulus, Respons, dan Transaksional. *Buletin Psikologi*, 24(1), 1–11. <http://jurnal.ugm.ac.id/buletinpsikologi>
- Gunawati, R., Hartati, S., & Listiara, A. (2006). Hubungan Antara Efektivitas Komunikasi Mahasiswa-Dosen Pembimbing Utama Skripsi dengan Stres dalam Menyusun Skripsi pada Mahasiswa Program Studi Psikologi Fakultas Kedokteran Universitas Diponegoro. *Jurnal Psikologi Universitas Diponegoro*, 3(2), 93–115. <https://ejournal.undip.ac.id/index.php/psikologi/article/viewFile/659/533>
- Gusni, E., Susmiati, S., & Maisa, E. A. (2022). Stres dan Emotional Eating pada Mahasiswa S1 Fakultas Keperawatan. *LINK*, 18(2), 155–161. <https://doi.org/10.31983/link.v18i2.9186>
- Ha, O. R., & Lim, S. L. (2023). The role of emotion in eating behavior and decisions. In *Frontiers in Psychology* (Vol. 14). Frontiers Media SA. <https://doi.org/10.3389/fpsyg.2023.1265074>
- Hakim, Moh. A., & Aristawati, N. V. (2023). Mengukur depresi, kecemasan, dan stres pada kelompok dewasa awal di Indonesia: Uji validitas dan reliabilitas konstruk DASS-21. *Jurnal Psikologi Ulayat*, 10(2), 232–250. <https://doi.org/10.24854/jpu553>
- Hariaty, Elita, V., & Dilaluri, A. (2023). Gambaran Stres pada Mahasiswa Tingkat Akhir yang Sedang Mengerjakan Skripsi. *Jurnal Keperawatan Profesional (JKP)*, 11.
- Harvard. (2020). *Understanding The Stress Response*. <https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response>
- Hasmawati, Usman, & Umar, F. (2021). Hubungan Stres dengan Pola Konsumsi pada Mahasiswa Tingkat Akhir di Universitas Muhammadiyah Parepare. *Jurnal Ilmiah Manusia Dan Kesehatan*, 4(1), 122–134. <http://jurnal.umpar.ac.id/index.php/makes>
- Hutagalung, N. A., Marni, E., & Erianti, S. (2021). Faktor-Faktor yang Memengaruhi Kualitas Tidur pada Mahasiswa Tingkat Satu Program Studi Keperawatan STIKes Hang Tuah Pekanbaru. *Jurnal Keperawatan Hang Tuah (Hang Tuah Nursing Journal)*, 2(1), 77–89. <https://doi.org/10.25311/jkh.vol2.iss1.564>
- Ismanto, H. S., Wakhudin, H., & Baedowi, S. (2023). Analisis Kualitatif Tingkat Stres Mahasiswa dalam Menyelesaikan Skripsi di Fakultas Ilmu Pendidikan Universitas PGRI Semarang. *Wawasan Pendidikan*, 3(2), 510–516. <https://doi.org/10.26877/wp.v3i2.15355>
- Juzailah, J., & Ilimi, I. M. B. (2022). Hubungan Emotional Eating, Citra Tubuh, dan Tingkat Stres dengan IMT/U Remaja Putri di SMK Negeri 41 Jakarta Tahun 2022. *JGK*, 14(2).
- Kahraman, S., & Bedük, Ş. B. (2016). Multiple intelligences and perfectionism in middle school gifted students. *Journal for the Education of Gifted Young* 4(2), 1–13. <https://doi.org/10.17478/JEGYS.2016219257>
- 020). *Gambaran Asupan Mikronutrien dan Kejadian Common sordes pada Mahasiswa Gizi Fakultas Kesehatan Masyarakat s Hasanuddin [Universitas Hasanuddin]. ository.unhas.ac.id/id/eprint/2136/2/K21116504_skripsi_22-09-628FILEminimizer%29.pdf*
- & Ariana, A. D. (2019). Hubungan Antara Literasi Kesehatanigma Diri Terhadap Intensi Mencari Bantuan Pada Dewasa



- Awal. *INSAN Jurnal Psikologi Dan Kesehatan Mental*, 4(2), 64. <https://doi.org/10.20473/jpkm.v4i22019.64-75>
- Kementerian Kesehatan Badan Penelitian dan Pengembangan Kesehatan. (2018). *Hasil Utama Riskesdas 2018*.
- Kementerian Kesehatan RI. (2023). *Pemberian Makanan Tambahan (PMT) Berbahan Pangan Lokal untuk Balita dan Ibu Hamil*.
- Kim, S., & Kye, S. (2017). Effects of Daily Stress on Dietary Pattern among Elementary School Children in Seongnam City. *Korean Journal of Community Nutrition*, 22(6), 475. <https://doi.org/10.5720/kjcn.2017.22.6.475>
- Kim, Y. M., & Cho, S. il. (2020). Socioeconomic status, work-life conflict, and mental health. *American Journal of Industrial Medicine*, 63(8), 703–712. <https://doi.org/10.1002/ajim.23118>
- Kumar, S., Bhukar, J. P., Number, H., Road, M., Nagar, S., & Gwalior, M. P. (2013). Stress level and coping strategies of college students. *Journal of Physical Education and Sports Management*, 4(1), 5–11. <https://doi.org/10.5897/JPESM12.001>
- Kurnia Putri, P., Risnawati, E., & Avati, P. (2022). Stres Akademik Mahasiswa Semester Awal dan Mahasiswa Semester Akhir: Studi Komparatif dalam Situasi Pembelajaran Daring. *Jurnal Psikologi: Media Ilmiah Psikologi*, 20(2), 8–13.
- Lazarevich, I., Irigoyen-Camacho, M. E., Del Consuelo Velázquez-Alva, M., & Salinas-Ávila, J. (2015). Psychometric characteristics of the Eating and Appraisal Due to Emotions and Stress Questionnaire and obesity in Mexican university students. *Nutricion Hospitalaria*, 31(6), 2437–2444. <https://doi.org/10.3305/nh.2015.31.6.8960>
- López-Cepero, A., Frisard, C., Bey, G., Lemon, S. C., & Rosal, M. C. (2020). Association between food insecurity and emotional eating in Latinos and the mediating role of perceived stress. *Public Health Nutrition*, 23(4), 642–648. <https://doi.org/10.1017/S1368980019002878>
- Musabiq, S. A., & Karimah, I. (2018). Gambaran Stres dan Dampaknya pada Mahasiswa. *InSight*, 20(2), 74–80. https://www.researchgate.net/publication/332941220_Gambaran_Stress_dan_Dampaknya_Pada_Mahasiswa
- Nabila, & Sayekti, A. (2021). Manajemen Stres pada Mahasiswa dalam Penyusunan Skripsi di Institut Pertanian Bogor. *Jurnal Manajemen Dan Organisasi (JMO)*, 12(2), 156–165.
- National Centre for Eating Disorders. (n.d.). *The Effects Of Under-Eating*. Retrieved May 22, 2024, from <https://eating-disorders.org.uk/information/the-effects-of-under-eating/>
- Oktaviona, T. N., Herlina, & Sari, T. H. (2023). Faktor yang Mempengaruhi Tingkat Stres pada Mahasiswa Akhir. *JURNAL KEPERAWATAN TROPIS*, 1(1), 26–32. <https://doi.org/10.47539/jktp.v6i1.344>
- Ondrick, O. W., Knol, L. L., Leeper, J. D., Perko, M., & Burnham, M. (2016). The Eating and Appraisal Due to Emotions and Stress (EADES) Questionnaire: Development and Validation. *Journal of American Dietetic Association*, 107(4), 619–628. <http://www.elsevier.com/locate/jada>
- Purwati, S. (2016). Exploratory Factor Analysis Development of Academic Stress Scale. *Edutracks*, 16(3), 36–44. www.academia.edu/40576195



- Permana, J. C., Maskar, D. H., & Anwar, K. (2024). Hubungan Emotional Eating terhadap Status Gizi pada Remaja Putri di SMAN 26 Jakarta. *Jurnal Ilmu Gizi Dan Dietetik*, 3(1), 1–7. <https://doi.org/10.25182/jigd.2024.3.1.1-7>
- Puspitasari, W. (2013). Hubungan Antara Manajemen Waktu dan Dukungan Sosial dengan Prestasi Akademik Mahasiswa yang Bekerja. *EMPATHY Jurnal Fakultas Psikologi*, 2(1). <https://www.researchgate.net/publication/354965463>
- Ramadhani, N., & Mahmudiono, T. (2021). Academic Stress is Associated with Emotional Eating Behavior Among Adolescent. *Media Gizi Indonesia (National Nutrition Journal)*, 16(1), 38–47. <https://doi.org/10.204736/mgi.v16i1>
- Rastamadya, S., & Sulandjari, S. (2022). Hubungan Antara Tingkat Stres Akademik dan Tingkat Konsumsi Zat Gizi dengan Status Gizi Mahasiswa Fakultas Teknik UNESA saat Pembelajaran Daring. *Jurnal Gizi Unesa*, 02(02), 115–123.
- Rizaldi, A. (2024). *Hubungan Emotional Eating dan Kualitas Tidur Dengan Status Gizi Pada Mahasiswa Fakultas Kesehatan Masyarakat Universitas Hasanuddin*.
- Roberts, K. C., Shields, M., de Groh, M., Aziz, A., & Gilbert, J.-A. (2012). Overweight and Obesity in Children and Adolescents: Results from The 2009 to 2011 Canadian Health Measures Survey. *Health Reports*, 23(3), 3–7. www.statcan.gc.ca,
- Rohmah, N. (2022). Stres dan Perilaku Emotional Eating pada Mahasiswa Unviersitas Negeri Semarang. *NURTIZIONE (Nutrition Research and Development Journal)*, 2(1), 10–18. <https://journal.unnes.ac.id/sju/index.php/nurtizione/>
- Rozaini, N., & Harahap, S. N. (2019). Pengaruh Mata Kuliah Ekonomi Syariah Dan Uang Saku Terhadap Perilaku Konsumtif. *NIAGAWAN*, 8(3).
- Salsabiela, A. S., & Putra, W. K. Y. (2022). Emotional Eating Among Final Year Undergraduate Female Students of Faculty of Public Health Universitas Indonesia During COVID-19 Pandemic in 2021. *Indonesian Journal of Public Health Nutrition*, 2(2), 1–12. <https://www.researchgate.net/publication/360895771>
- Sekarini, A. G. A., Fitranti, D., Tsani, A. F. A., & Noer, E. R. (2022). Hubungan Emotional Eating dan Kualitas Diet dengan Kenaikan Berat Badan pada Mahasiswi saat Pandemi Covid-19. *Amerta Nutrition*, 6(3), 272–280. <https://doi.org/10.20473/amnt.v6i3.2022.272>
- Sharma, S. (2018). Perceived Academic Stress among Students. *RESEARCH REVIEW International Journal*, 3(8), 1–5. www.rrjournals.com[UGCListedJournal]
- Sipayung, N. (2016). *Coping Stres Penulis Skripsi (Studi Deskriptif pada Mahasiswa Angkatan 2012 Program Studi Bimbingan dan Konseling s Sanata Dharma Tahun Ajaran 2015/2016). Stres dan Perilaku Emotional Eating terhadap Status Gizi pada Anak Muda di Indonesia*.
- Sulandjari, W., Nisa, I. M., Satria, E. R. P. B., & Faizah, R. (2020). Uji Validasi dan Reliabilitas University Stress Scale. *University Research Journal*, 1(1), 136–140. <https://www.repository.urecol.org/index.php/proceeding/article/view/975/945>
- Sulandjari, W., Nisa, I. M., Satria, E. R. P. B., & Faizah, R. (2020). Hubungan Kecerdasan Emosi dengan Daya Tahan Stres pada Mahasiswa Fakultas Psikologi UIN Sunan Kalijaga Yogyakarta.



- Sukarni, Wulandini, P., & Suyanti, N. (2023). Tingkat Stres pada Mahasiswa Tingkat Akhir di Fakultas Keguruan dan Ilmu Pendidikan Universitas X. *Jurnal Menara Medika*, 6(1), 171–178.
- Sumartini, E., & Ningrum, A. (2022). Gambaran Perilaku Makan Remaja. *Jurnal Ilmiah Kesehatan Keris Husada*, 6(1).
- Tittandi, N. A. (2022). Persepsi Remaja Terhadap Perilaku Emotional Eating. *Jurnal Psikologi Udayana*, 9(1), 33–39. <https://doi.org/10.24843/JPU/2022.v09.i01.p04>
- van Strien, T., Frijters, J. E., Bergers, G. P., & Defares, P. B. (1986). The Dutch Eating Behavior Questionnaire (DEBQ) for Assessment of Restrained, Emotional, and External Eating Behavior. In *International Journal of Eating Disorders* (Vol. 5, Issue 2). <https://psycnet.apa.org/record/1997-73229-001>
- Wening Shivanela, S., Virani, D., Salam, A., Hidayanti, H., & Dachlan, D. M. (2021). Gambaran Status Gizi dan Kejadian Common Mental Disorders pada Mahasiswa Gizi di Universitas Hasanuddin. *JGMI: The Journal of Indonesian Community Nutrition*, 10(2).
- Widjaja, S., & Cahyono, A. (2022). Stress Analytics of Medical Students at Faculty of Medicine University of Surabaya. *Jurnal Pendidikan Kedokteran Indonesia: The Indonesian Journal of Medical Education*, 11(3), 319. <https://doi.org/10.22146/jpki.64881>
- Wijayanti, A., Margawati, A., & Wijayanti, H. S. (2019). Hubungan Stres, Perilaku Makan dan Asupan Zat Gizi dengan Status Gizi pada Mahasiswa Tingkat Akhir. *Journal of Nutrition College*, 8(1), 1. <https://doi.org/10.14710/jnc.v8i1.23807>
- Yönder Ertem, M., & Karakaş, M. (2020). Relationship between emotional eating and coping with stress of nursing students. *Perspectives in Psychiatric Care*, 1–10. <https://doi.org/10.1111/ppc.12599>
- Zhou, Y., & Tse, C. S. (2020). The Taste of Emotion: Metaphoric Association Between Taste Words and Emotion/Emotion-Laden Words. *Frontiers in Psychology*, 11. <https://doi.org/10.3389/fpsyg.2020.00986>

