

ABSTRAK

Menurut *World Health Organization* (WHO), pada tahun 2022 sekitar 16% populasi orang dewasa global berusia ≥ 18 tahun mengalami obesitas, yang setara dengan lebih dari 890 juta individu di seluruh dunia, dengan tren peningkatan yang konsisten sejak tahun 1990. Obesitas berdampak negatif terhadap kualitas hidup dan berhubungan erat dengan berbagai penyakit serta komplikasi serius, termasuk diabetes melitus, hipertensi, dislipidemia, osteoarthritis, dan penyakit kardiovaskular. Pola makan tidak sehat, termasuk perilaku *food craving*, merupakan salah satu aspek penting yang berkontribusi terhadap terjadinya obesitas. Perilaku *food craving* dipengaruhi oleh aspek fisiologis dan psikologis, dengan *mood* berperan sebagai determinan kunci dalam memicu keinginan mengonsumsi makanan tertentu. Penelitian ini bertujuan untuk menganalisis hubungan antara *mood* dan perilaku *food craving* pada mahasiswa Program Studi Kedokteran, Fakultas Kedokteran, Universitas Malikussaleh menggunakan desain analitik observasional dengan pendekatan *cross-sectional*. Sebanyak 195 responden dipilih melalui metode *quota sampling*. Perilaku *food craving* diukur menggunakan kuesioner *Food Craving Questionnaire-State* (FCQ-S), sedangkan *mood* diukur menggunakan kuesioner *Positive and Negative Affect Schedule* (PANAS), yang keduanya diisi secara langsung oleh responden. Hasil analisis univariat menunjukkan bahwa mayoritas responden berjenis kelamin perempuan, dengan kelompok usia terbanyak adalah 20 tahun. Secara umum, mayoritas responden memiliki tingkat *mood* sedang, sementara perilaku *food craving* berada pada kategori positif. Hasil analisis bivariat menggunakan uji korelasi Pearson ($\alpha = 0.05$) menunjukkan adanya hubungan negatif yang signifikan antara *mood* dan perilaku *food craving* ($r = -0.772$; $p < 0.001$). Temuan penelitian ini menunjukkan bahwa *mood* yang lebih rendah berasosiasi dengan kecenderungan perilaku *food craving* yang lebih intens.

Kata Kunci: *Emotional eating; Food craving; Obesitas; Pola makan; Suasana hati*

ABSTRACT

According to the World Health Organization (WHO), in 2022 approximately 16% of the global adult population aged ≥ 18 years were living with obesity, representing more than 890 million individuals worldwide, with a consistently increasing trend since 1990. Obesity adversely affects quality of life and is strongly associated with various diseases and serious complications, including diabetes mellitus, hypertension, dyslipidemia, osteoarthritis, and cardiovascular disease. Unhealthy dietary patterns, including food craving behavior, constitute an important aspect contributing to obesity. Food craving behavior is influenced by both physiological and psychological aspects, with mood serving as a key determinant in triggering the desire to consume specific foods. This study aimed to examine the relationship between mood and food craving behavior among medical students at the Faculty of Medicine, Malikussaleh University, using an observational analytic cross-sectional design. A total of 195 respondents were selected through quota sampling. Food craving behavior was assessed using the Food Craving Questionnaire–State (FCQ-S), while mood was measured using the Positive and Negative Affect Schedule (PANAS), both of which were self-administered. Univariate analysis showed that the majority of respondents were female, with the largest proportion aged 20 years. Overall, the majority of respondents demonstrated moderate mood levels, whereas food craving behavior was predominantly positive. Bivariate analysis using Pearson’s correlation test ($\alpha = 0.05$) revealed a significant negative correlation between mood and food craving behavior ($r = -0.772$; $p < 0.001$). The findings of this study indicate that lower mood levels are associated with more intense food craving behavior.

Keywords: *Emotional eating; Food craving; Obesity; Dietary pattern; Mood*