

**THE RELATIONSHIP BETWEEN STRESS LEVELS AND EATING
PATTERNS AMONG NURSING PROFESSION STUDENTS AT
UNIVERSITAS 'AISYIYAH SURAKARTA**

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ABSTRACT

Background: The phenomenon of stress among nursing profession students is often triggered by academic pressure, clinical practice demands, being overwhelmed by numerous assignments with tight deadlines, difficulties in resolving conflicts, or physical fatigue due to psychological pressure, along with various personal life problems that can affect eating patterns. **Objective:** This study aims to determine the relationship between stress levels and eating patterns among nursing profession students at Universitas 'Aisyiyah Surakarta. **Methods:** Quantitative research using a descriptive correlational design with a cross-sectional approach. The total sample consisted of 100 respondents, analyzed using the bivariate Chi-Square test. **Results:** The majority of students experienced moderate stress (81.0%) and had poor eating patterns (63.0%). Statistical analysis showed a p-value of $0.042 < 0.05$. **Conclusion:** There is a relationship between stress levels and eating patterns among nursing profession students.

Keywords: Stress, Eating Patterns, Nursing Students