

HUBUNGAN *NIGHT EATING SYNDROME* DENGAN STATUS GIZI REMAJA DI SMP NEGERI 2 CIAMIS KABUPATEN CIAMIS TAHUN 2026

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ABSTRAK

Latar Belakang: *Night Eating Syndrome* (NES) merupakan gangguan pola makan yang ditandai dengan peningkatan konsumsi makanan pada malam hari dan berpotensi mempengaruhi status gizi remaja. Data penjarangan kesehatan SMP Negeri 2 Ciamis tahun 2025 menunjukkan adanya siswa dengan status gizi gemuk dan obesitas, serta kebiasaan makan malam yang mengarah pada karakteristik NES. **Tujuan:** Menganalisis hubungan antara *Night Eating Syndrome* dengan status gizi remaja di SMP Negeri 2 Ciamis. **Metode:** Penelitian kuantitatif dengan desain *cross-sectional*. Sampel sebanyak 90 responden dipilih menggunakan *proporsional random sampling*. NES diukur menggunakan *Night Eating Questionnaire* (NEQ), sedangkan status gizi diukur berdasarkan Indeks Massa Tubuh menurut Umur (IMT/U). Analisis data menggunakan uji korelasi *Spearman Rank* dengan $\alpha = 0,05$. **Hasil:** Sebagian besar responden tidak menunjukkan indikasi *Night Eating Syndrome* (88,9%), sedangkan prevalensi *Night Eating Syndrome* sebesar 11,1%. Status gizi responden terdiri atas normal (66,7%), kurus (25,6%), gemuk (4,4%), dan obesitas (3,3%). Hasil uji *Spearman Rank* menunjukkan nilai $r = 0,18$ dan $p\text{-value} = 0,09$ ($p > 0,05$). **Kesimpulan:** Tidak terdapat hubungan yang signifikan antara *Night Eating Syndrome* dengan status gizi remaja di SMP Negeri 2 Ciamis. Status gizi remaja dipengaruhi oleh berbagai faktor sehingga diperlukan penelitian lanjutan dengan mempertimbangkan kualitas tidur, aktivitas fisik, asupan energi, dan tingkat stres.

Kata Kunci: *Night Eating Syndrome*, status gizi, remaja.

**THE RELATIONSHIP BETWEEN NIGHT EATING SYNDROME AND
NUTRITIONAL STATUS AMONG ADOLESCENTS AT SMP NEGERI 2
CIAMIS CIAMIS REGENCY IN 2026**

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ABSTRACT

Background: Night Eating Syndrome (NES) is an eating disorder characterized by increased food consumption during the night and may affect the nutritional status of adolescents. Health screening data from SMP Negeri 2 Ciamis in 2025 identified students with overweight and obesity, as well as nighttime eating habits that reflected characteristics of NES. **Objective:** To analyze the relationship between Night Eating Syndrome and the nutritional status of adolescents at SMP Negeri 2 Ciamis. **Methods:** This quantitative study employed a cross-sectional design. A total of 90 respondents were selected using proportional random sampling. NES was assessed using the Night Eating Questionnaire (NEQ), while nutritional status was determined based on Body Mass Index-for-Age (BMI-for-Age). Data were analyzed using the Spearman Rank correlation test with a significance level of $\alpha = 0.05$. **Results:** The majority of respondents showed no indication of Night Eating Syndrome (88.9%), while the prevalence of NES was 11.1%. The nutritional status distribution consisted of normal (66.7%), underweight (25.6%), overweight (4.4%), and obese (3.3%) adolescents. The Spearman Rank correlation test yielded a correlation coefficient of $r = 0.18$ and a p -value of 0.09 ($p > 0.05$). **Conclusion:** There was no statistically significant relationship between Night Eating Syndrome and the nutritional status of adolescents at SMP Negeri 2 Ciamis. Adolescent nutritional status is influenced by multiple factors; therefore, further studies should consider sleep quality, physical activity, energy intake, and stress levels.

Keywords: Night Eating Syndrome, nutritional status, adolescents.