

Hubungan *Mindful Eating* dan Tingkat Stres dengan Kejadian Anemia pada Santriwati di Pondok Pesantren Krapyak Kabupaten Bantul

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INTISARI

Latar Belakang: Prevalensi anemia pada remaja terus mengalami peningkatan. Kejadian anemia pada remaja putri berhubungan dengan pola makan dan tingkat stres. Pola makan berhubungan dengan *mindful eating*.

Tujuan: Mengetahui hubungan antara tingkat *mindful eating* dan tingkat stres dengan kejadian anemia pada santriwati SMA di Pondok Pesantren Krapyak, Kabupaten Bantul.

Metode: Penelitian *cross-sectional* dengan subjek 127 santriwati SMA di Pondok Pesantren Krapyak Kabupaten Bantul yang berusia 15-18 tahun. Instrumen yang digunakan adalah *Mindful Eating Questionnaire* (MEQ), *Perceived Stress Scale* (PSS), dan *Automated Hematology Analyzer* (AHA). Analisa statistik yang digunakan adalah uji *Spearman Rank*.

Hasil: *Mindful eating* dengan kejadian anemia tidak berhubungan secara signifikan ($p=0,610$ dan $r=0,046$). Tingkat stres dengan kejadian anemia tidak berhubungan secara signifikan ($p=0,339$ dan $r=-0,086$).

Kesimpulan: Kejadian anemia pada santriwati SMA di Pondok Pesantren Krapyak tidak berkaitan dengan *mindful eating* dan tingkat stres santriwati.

Kata Kunci: Anemia, *Mindful Eating*, Tingkat Stres, Santriwati

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The Correlation of Mindful Eating and Stress Levels with Incidence of Anemia in Female Students at Islamic Boarding School Krapyak Bantul

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ABSTRACT

Background: *The prevalence of anemia in adolescent continue to increase. The incidence of anemia in adolescent girls is related to diet and stress levels. Diet is related to mindful eating.*

Objective: *To determine the relationship between the level of mindful eating and stress levels with the incidence of anemia in female high school students at the Krapyak Islamic Boarding School, Bantul Regency.*

Methods: *A cross-sectional study with 127 female high school students at Islamic Boarding School Krapyak, Bantul Regency, aged 15-18 years. The instrument used are Mindful Eating Questionnaire (MEQ), Perceived Stress Scale (PSS), and Automated Hematology Analyzer (AHA). Statistical analysis used is the Spearman Rank test.*

Results : *Mindful eating with the incidence of anemia was not significantly related ($p=0,610$ and $r=0,046$). The stress levels with the incidence of anemia was not significantly related ($p=0.339$ and $r=-0.086$).*

Conclusion: *The incidence of anemia in female high school students at Islamic Boarding School Krapyak was not related to mindful eating and stress levels of female students.*

Keywords: *Anemia, Mindful Eating, Stress Level, Student*

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