

ABSTRAK

HUBUNGAN *MINDFUL EATING* DAN *DIABETES DISTRESS* DENGAN PERILAKU MAKAN PENYANDANG DIABETES MELITUS TIPE 2 DI SLEMAN

Latar Belakang: Prevalensi diabetes melitus di dunia kian mengalami peningkatan. Prevalensi diabetes melitus tipe 2 di Indonesia meningkat dari 10,9% tahun 2018 menjadi 11,7% tahun 2023. *Mindful eating* diketahui menjadi salah satu terapi jangka panjang bagi penyandang diabetes untuk memodifikasi perilaku makan penyandang diabetes mellitus. Di sisi lain, manajemen penyakit diabetes yang dijalani seumur hidup juga dapat mengarah pada timbulnya *diabetes distress*. Hal tersebut dapat mempengaruhi manajemen diabetes, salah satunya gangguan terhadap perilaku makan penyandang diabetes melitus.

Tujuan: Mengetahui hubungan antara *mindful eating* dan *diabetes distress* dengan perilaku makan penyandang diabetes melitus tipe 2.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan desain *cross-sectional*. Penelitian dilakukan di Kabupaten Sleman dengan subjek penelitian sebanyak 93 penyandang diabetes melitus. Metode sampling yang digunakan yaitu *purposive sampling*. Perilaku makan diukur dengan kuesioner SQ-FFQ dan kuesioner jadwal makan, *mindful eating* diukur dengan kuesioner *Mindful Eating Questionnaire*, dan *diabetes distress* diukur dengan kuesioner *Diabetes Distress Scale 17* Bahasa Indonesia. Uji hipotesis yang digunakan yaitu uji korelasi *Spearman* dan *Chi-Square*.

Hasil: Nilai signifikansi untuk hubungan *mindful eating* dengan perilaku makan penyandang diabetes melitus tipe 2 adalah 0,361. Sedangkan, nilai signifikansi untuk hubungan *diabetes distress* dengan perilaku makan penyandang diabetes melitus tipe 2 adalah 0,652.

Kesimpulan: Penelitian ini menunjukkan bahwa hubungan *mindful eating* dengan perilaku makan penyandang diabetes melitus tipe 2 tidak signifikan. Demikian pula pada hubungan *diabetes distress* dengan perilaku makan penyandang diabetes melitus tipe 2 juga tidak signifikan.

Kata Kunci: *Mindful Eating*, *Diabetes Distress*, Perilaku Makan, Diabetes Melitus

ABSTRACT

THE RELATIONSHIP BETWEEN MINDFUL EATING AND DIABETES DISTRESS WITH EATING BEHAVIOR AMONG INDIVIDUALS WITH TYPE 2 DIABETES MELLITUS IN SLEMAN

Background: Prevalence of type 2 diabetes mellitus increased from 10,9% in 2018 to 11,7% in 2023. Mindful eating is known to be a long-term therapeutic approach for individuals with diabetes to modify their eating behavior. Conversely, lifelong diabetes management may result in diabetes distress. These conditions possibly influence the management of type 2 diabetes mellitus, one of which is the disruption to the eating behavior of individuals living with type 2 diabetes mellitus.

Objective: Identify the relationship between mindful eating and diabetes distress with eating behavior among individuals with type 2 diabetes mellitus.

Method: This research is quantitative study with cross-sectional design. The research was conducted in Sleman Regency with 93 respondents with type 2 diabetes mellitus. The sampling method used is purposive sampling. Eating behavior was measured using the SQ-FFQ questionnaire and eating schedule questionnaire, mindful eating was measured using the Mindful Eating Questionnaire (MEQ), and diabetes distress was measured using the Diabetes Distress Scale 17 (DDS 17) Bahasa Indonesia. The hypothesis test used were the Spearman correlation and Chi-Square.

Result: The significance value for the relationship between mindful eating and eating behavior of individuals with type 2 diabetes mellitus is 0,361. Meanwhile, the significance value for the relationship between diabetes distress and eating behavior of individuals with type 2 diabetes mellitus is 0,652.

Conclusion: This research shows that the relationship between mindful eating and eating behavior in individuals with type 2 diabetes mellitus is not significant. Similarly, the relationship between mindful eating and diabetes distress in individuals with type 2 diabetes mellitus is not significant.

Keywords: Mindful Eating, Diabetes Distress, Eating Behavior, Diabetes Mellitus