

## INTERVENSI MEDIA *MINDFUL EATING DAILY JOURNAL* (MINDEARY) TERHADAP PERILAKU *MINDFUL EATING*, ASUPAN ENERGI, DAN KERAGAMAN PANGAN PADA MAHASISWA GIZI LEBIH DI UGM

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### INTISARI

**Latar Belakang:** Faktor psikologis, seperti depresi dan stres, berpengaruh penting terhadap perilaku makan mahasiswa dan termasuk salah satu faktor risiko terjadinya gizi lebih. Media *Mindful Eating Daily Journal* (MINDEARY) hadir sebagai pendekatan berbasis *mindful eating* untuk mengatasi permasalahan gizi lebih sekaligus meningkatkan kesejahteraan psikologis. Kegiatan *food journaling* berbasis *mindful eating* dapat membantu individu untuk memilih makanan dalam jumlah dan jenis yang sesuai dengan kebutuhan tubuh.

**Tujuan:** Menjelaskan pengaruh intervensi media *Mindful Eating Daily Journal* (MINDEARY) terhadap perilaku *mindful eating*, asupan energi, dan keragaman pangan pada mahasiswa gizi lebih di UGM.

**Metode:** Penelitian *quasi-experimental* dengan desain *non-equivalent control group design* pada mahasiswa gizi lebih di UGM. Pengambilan sampel menggunakan teknik *consecutive sampling*. Subjek penelitian berjumlah 56 mahasiswa gizi lebih yang dibagi ke dalam kelompok intervensi dan kelompok kontrol. Perilaku *mindful eating* diukur menggunakan *Mindful Eating Questionnaire* (MEQ), asupan energi dan keragaman pangan dinilai menggunakan formulir *food recall* 24 jam (*weekday* dan *weekend*) dan *Individual Dietary Diversity Score* (IDDS). Analisis data menggunakan uji *independent sample t-test* dan *mann whitney u-test*.

**Hasil:** Penurunan asupan energi pada kelompok intervensi lebih besar secara signifikan dibandingkan kelompok kontrol ( $p = 0,0246$ ). Sementara itu, peningkatan skor *mindful eating* ( $p = 0,0798$ ) dan keragaman pangan ( $p = 0,1895$ ) pada kelompok intervensi tidak lebih besar secara signifikan dibandingkan kelompok kontrol. Meskipun begitu, perubahan perilaku *mindful eating*, asupan energi, dan keragaman pangan lebih baik pada kelompok intervensi dibandingkan kelompok kontrol.

**Kesimpulan:** Terdapat pengaruh intervensi media *Mindful Eating Daily Journal* (MINDEARY) terhadap asupan energi pada mahasiswa gizi lebih di UGM. Namun, tidak terdapat pengaruh intervensi media *Mindful Eating Daily Journal* (MINDEARY) terhadap perilaku *mindful eating* dan keragaman pangan pada mahasiswa gizi lebih di UGM.

**Kata Kunci:** gizi lebih, *mindful eating*, asupan energi, keragaman pangan, mahasiswa.

**MINDFUL EATING DAILY JOURNAL (MINDEARY) INTERVENTION ON  
MINDFUL EATING, ENERGY INTAKE, AND DIETARY DIVERSITY OF  
OVERNUTRITION STUDENTS IN UGM**

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**ABSTRACT**

**Background:** Psychological factors, such as depression and stress, have a significant influence on student's eating behavior and are one of the risk factors for overnutrition. Mindful Eating Daily Journal (MINDEARY) is a mindful eating-based approach to overcome the problem of overnutrition while improving psychological well-being. Food journaling based on mindful eating can help to choose food in the right size and type for body needs.

**Objective:** Explaining the effect of Mindful Eating Daily Journal (MINDEARY) intervention on mindful eating, energy intake, and dietary diversity of overnutrition students in UGM.

**Methods:** Quasi-experimental study with a non-equivalent control group design on overnutrition students in UGM. Sampling used the consecutive sampling method. Subjects were 56 overnutrition students who were divided into intervention and control group. Mindful eating was measured using the Mindful Eating Questionnaire (MEQ), energy intake and dietary diversity were assessed using a 24-hour food recall form (weekday and weekend) and the Individual Dietary Diversity Score (IDDS). Data were analyzed using independent sample t-test and mann whitney u-test.

**Results:** The decrease in energy intake in the intervention group was significantly greater than in the control group ( $p = 0.0246$ ). Meanwhile, the increase in mindful eating ( $p = 0.0798$ ) and dietary diversity ( $p = 0.1895$ ) scores in the intervention group was not significantly greater than in the control group. However, changes in mindful eating, energy intake, and dietary diversity were better in the intervention group than in the control group.

**Conclusion:** There is a significant effect of Mindful Eating Daily Journal (MINDEARY) on energy intake of overnutrition students in UGM. However, there is no effect of Mindful Eating Daily Journal (MINDEARY) on mindful eating and dietary diversity of overnutrition students in UGM.

**Keywords:** overnutrition, mindful eating, energy intake, dietary diversity, students.