

Pengaruh *Food Journaling* Menggunakan Media *Mindful Eating Daily Journal* (MINDEARY) terhadap Perilaku *Mindful Eating* pada Mahasiswa dengan Gizi Lebih

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INTISARI

Latar Belakang: Gizi lebih dan obesitas di Indonesia meningkat, dengan prevalensi gizi lebih dari 8,6% (2007) menjadi 13,6% (2018) dan obesitas dari 10,5% (2007) menjadi 21,8% (2018), terutama di kalangan mahasiswa. Pola makan tidak sehat, stres, dan *emotional eating* memperburuk kondisi ini. Pendekatan *mindful eating*, yang meningkatkan kesadaran makan dan pengelolaan asupan energi, dapat didukung oleh *food journaling* menggunakan media seperti MINDEARY.

Tujuan: Menganalisis perubahan perilaku *mindful eating*, penurunan berat badan, dan penurunan asupan energi pada kelompok perlakuan yang melakukan *food journaling* menggunakan MINDEARY dibandingkan dengan kelompok kontrol yang tidak menerima intervensi apapun.

Metode: Penelitian kuasi-eksperimental dengan desain *Non-equivalent Control Group Design* selama 14 hari. Sampel terdiri dari 30 responden mahasiswa dengan gizi lebih pada masing-masing kelompok. Data primer mencakup perilaku *mindful eating* yang diukur menggunakan *Mindful Eating Questionnaire* (MEQ). Data sekunder mencakup berat badan dan asupan energi. Analisis dilakukan menggunakan uji parametrik dan non parametrik.

Hasil: Tidak ditemukan perbedaan signifikan pada perubahan perilaku *mindful eating* secara keseluruhan antara kelompok perlakuan dan kelompok kontrol ($p > 0.05$), kecuali pada domain *disinhibition*. Kelompok perlakuan mengalami peningkatan signifikan pada total skor *mindful eating*, termasuk pada domain *disinhibition* dan *emotional response*. Terdapat perbedaan signifikan antara kedua kelompok pada penurunan berat badan dan asupan energi ($p < 0.05$), dengan kelompok perlakuan menunjukkan penurunan yang lebih besar secara signifikan. Aktivitas fisik yang lebih tinggi berkorelasi signifikan dengan peningkatan *mindful eating* dan penurunan asupan energi, sedangkan alokasi uang makan yang lebih besar berkorelasi dengan penurunan berat badan ($p < 0.05$).

Kesimpulan: Tidak terdapat perbedaan signifikan dalam perubahan perilaku *mindful eating* antara kedua kelompok, namun penurunan berat badan dan asupan energi menunjukkan perbedaan yang signifikan. Aktivitas fisik yang lebih tinggi berkontribusi pada peningkatan *mindful eating* dan penurunan asupan energi, sementara alokasi uang makan yang lebih besar berkorelasi dengan penurunan berat badan.

Kata Kunci: *mindful eating*, *food journaling*, gizi lebih, mahasiswa

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The Effect of Food Journaling Using the Mindful Eating Daily Journal (MINDEARY) on Mindful Eating Behavior in Overweight University Students

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ABSTRACT

Background: The prevalence of overweight and obesity in Indonesia has increased significantly, with overweight rising from 8.6% in 2007 to 13.6% in 2018, and obesity from 10.5% to 21.8% during the same period, particularly among university students. Unhealthy eating patterns, stress, and emotional eating exacerbate this condition. Mindful eating, which enhances awareness of food intake and energy management, can be supported by food journaling tools such as MINDEARY.

Objective: To analyze changes in mindful eating behavior, weight reduction, and energy intake reduction among students practicing food journaling with MINDEARY compared to a control group receiving no intervention.

Methods: A quasi-experimental study with a Non-equivalent Control Group Design was conducted over 14 days. The sample included 30 overweight university students in each group. Primary data on mindful eating behavior were collected using the Mindful Eating Questionnaire (MEQ), while secondary data included weight and energy intake. Data were analyzed using parametric and non-parametric tests.

Results: No significant differences were found in the overall changes in mindful eating behavior between the intervention and control groups ($p > 0.05$), except in the *disinhibition* domain. The intervention group experienced a significant increase in total mindful eating scores, particularly in the *disinhibition* and *emotional response* domains. Significant differences were observed between the groups in weight loss and energy intake reduction ($p < 0.05$), with the intervention group showing a significantly greater reduction. Higher physical activity levels were significantly correlated with increased mindful eating and reduced energy intake, while higher meal budget allocation was significantly correlated with weight loss ($p < 0.05$).

Conclusion: There were no significant differences in overall changes in mindful eating behavior between the two groups. However, significant differences were observed in weight loss and energy intake reduction, with the intervention group showing greater improvements. Additionally, higher physical activity levels contributed to increased mindful eating and reduced energy intake, while greater meal budget allocation was associated with significant weight loss.

Kata Kunci: mindful eating, food journaling, overweight, university students

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