

HUBUNGAN ANTARA *MINDFUL EATING* DAN *EMOTIONAL EATING* DENGAN STATUS GIZI MAHASISWA UNIVERSITAS GADJAH MADA

Nisriinaa Ainunnajmii Ajiputri¹, Siti Helmyati¹, Retna Siwi Padmawati²

INTISARI

Latar Belakang: Mahasiswa rentan memiliki status gizi tidak normal. Berdasarkan Studi Kesehatan Indonesia (SKI) 2023, prevalensi status gizi kurus dan obesitas pada penduduk dewasa di Provinsi Daerah Istimewa Yogyakarta sebesar 9,3% dan 24,6%. Status gizi tidak normal dapat dipengaruhi oleh *emotional eating* atau makan di luar batas normal untuk memperbaiki kondisi emosional. Perilaku makan abnormal ini perlu diatasi, salah satunya dengan penerapan *mindful eating* atau makan dengan penuh kesadaran dan fokus. **Tujuan:** Mengetahui hubungan antara *mindful eating* dan *emotional eating* dengan status gizi mahasiswa Universitas Gadjah Mada. **Metode:** Penelitian dilakukan secara observasional dengan desain *cross-sectional*. Subjek penelitian ini adalah mahasiswa Universitas Gadjah Mada (18-25 tahun) berjumlah 140 orang yang ditentukan menggunakan teknik *convenience sampling*. Penelitian ini menggunakan instrumen *Mindful Eating Questionnaire* untuk mengukur perilaku *mindful eating*, *Emotional Eating Scale* untuk mengukur perilaku *emotional eating*, dan pengukuran antropometri dengan perhitungan Indeks Massa Tubuh (IMT) untuk mengukur status gizi. Analisis statistik yang digunakan adalah uji korelasi *Spearman Rank*. **Hasil:** Analisis deskriptif menunjukkan bahwa mahasiswa Universitas Gadjah Mada paling banyak memiliki perilaku *mindful eating* sedang (51,4%), perilaku *emotional eating* rendah (44,3%), dan status gizi normal (55%). Hasil analisis bivariat menunjukkan bahwa tidak terdapat hubungan antara *mindful eating* ($p\text{-value} = 0,803$) dan *emotional eating* ($p\text{-value}=0,893$) dengan status gizi. Terdapat hubungan negatif antara *mindful eating* dengan *emotional eating* ($p\text{-value} = <0,001$). **Kesimpulan:** Tidak terdapat hubungan signifikan antara *mindful eating* dan *emotional eating* dengan status gizi, serta terdapat hubungan signifikan antara *mindful eating* dengan *emotional eating* mahasiswa Universitas Gadjah Mada.

Kata Kunci: *mindful eating*, *emotional eating*, status gizi, mahasiswa

-
1. Program Studi Gizi, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan, Universitas Gadjah Mada
 2. Departemen Perilaku Kesehatan, Lingkungan dan Kedokteran Sosial, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan, Universitas Gadjah Mada

THE RELATIONSHIP BETWEEN MINDFUL EATING AND EMOTIONAL EATING WITH NUTRITIONAL STATUS OF UNIVERSITAS GADJAH MADA STUDENTS

Nisriinaa Ainunnajmii Ajiputri¹, Siti Helmyati¹, Retna Siwi Padmawati²

ABSTRACT

Background: University students are vulnerable to abnormal nutritional status. According to the Indonesia Health Study (SKI) 2023, the prevalence of undernutrition and obesity among adults in Yogyakarta Special Region is 9.3% and 24.6%, respectively. Abnormal nutritional status can be influenced by emotional eating, defined as eating beyond normal limits to improve emotional conditions. This abnormal eating behavior needs to be addressed, one method being the practice of mindful eating—consuming food with full awareness and focus. **Objective:** To investigate the relationship between mindful eating and emotional eating with the nutritional status of Universitas Gadjah Mada students. **Methods:** This study was observational with a cross-sectional design. The subjects were 140 Universitas Gadjah Mada students (aged 18–25 years) selected using convenience sampling. This study utilized the Mindful Eating Questionnaire to measure mindful eating behavior, the Emotional Eating Scale to assess emotional eating behavior, and anthropometric measurements with Body Mass Index (BMI) calculations to evaluate nutritional status. Statistical analysis was conducted using the Spearman Rank correlation test. **Results:** Descriptive analysis showed that most Universitas Gadjah Mada students had moderate levels of mindful eating (51.4%), low levels of emotional eating (44.3%), and normal nutritional status (55%). Bivariate analysis found no relationship between mindful eating (p -value = 0.803) and emotional eating (p -value = 0.893) with nutritional status. However, there was a negative relationship between mindful eating and emotional eating (p -value <0.001). **Conclusion:** There is no significant relationship between mindful eating and emotional eating with nutritional status, but there is a relationship between mindful eating and emotional eating among Universitas Gadjah Mada students.

Keywords: mindful eating, emotional eating, nutritional status, university students

-
- ¹. Department of Nutrition, Faculty of Medicine, Public Health and Nursing, Gadjah Mada University.
 - ². Department of Health Behavior, Environment, and Social Medicine, Faculty of Medicine, Public Health, and Nursing, Gadjah Mada University.