

ABSTRAK

HUBUNGAN *MINDFUL EATING* DENGAN PERSENTASE LEMAK TUBUH PADA MAHASISWA DI FAKULTAS KEDOKTERAN, KESEHATAN MASYARAKAT, DAN KEPERAWATAN UNIVERSITAS GADJAH MADA

Latar Belakang: Obesitas merupakan masalah kesehatan yang terus meningkat dan berisiko menimbulkan gangguan metabolik. Mahasiswa termasuk kelompok usia yang rentan mengalami obesitas akibat tingginya tingkat stres dan pola makan yang tidak teratur. *Mindful eating* dipandang sebagai salah satu pendekatan yang dapat membantu mengurangi perilaku makan berlebihan dan menurunkan risiko akumulasi lemak tubuh. Namun, penelitian yang mengkaji hubungan antara *mindful eating* dengan persentase lemak tubuh pada mahasiswa masih terbatas dan menghasilkan temuan yang bervariasi.

Tujuan: Mengetahui hubungan antara *mindful eating* dengan persentase lemak tubuh pada mahasiswa Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada.

Metode: Penelitian ini merupakan penelitian kuantitatif non-eksperimental dengan menggunakan metode observasional analitik dan pendekatan *cross-sectional*. Subjek penelitian ini berjumlah 135 mahasiswa program sarjana Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada dengan rentang usia 20–24 tahun, yang terdiri atas 6 laki-laki dan 129 perempuan. Subjek penelitian dipilih dengan metode *convenience sampling*. *Mindful eating* diukur dengan kuesioner *Mindful eating Questionnaire* (MEQ). Persentase lemak tubuh dihitung dengan rumus Durnin and Womersley berdasarkan tebal lipatan kulit bisep, trisep, subskapular, dan suprailiaka. Analisis statistik menggunakan uji korelasi *Chi-Square* dengan tingkat kebermaknaan $p < 0,05$.

Hasil: Sebanyak 36,3% mahasiswa memiliki tingkat *mindful eating* sedang dan 34,8% mahasiswa memiliki tingkat *mindful eating* tinggi. 15,6% mahasiswa tergolong obesitas berdasarkan persentase lemak tubuh. Tidak terdapat hubungan yang signifikan antara *mindful eating* ($p=0,933$) dengan persentase lemak tubuh. Tidak terdapat hubungan yang signifikan antara dimensi-dimensi *mindful eating*, yaitu *disinhibition* ($p=0,185$), *Awareness* ($p=0,478$), *external cues* ($p=0,338$), *emotional response* ($p=0,831$), dan *distraction* ($p=0,753$) dengan persentase lemak tubuh.

Kesimpulan: Tidak terdapat hubungan yang signifikan antara *mindful eating* dengan persentase lemak tubuh pada mahasiswa FK-KMK UGM.

Kata Kunci: *Mindful eating*; Obesitas; Mahasiswa.

ABSTRACT

THE RELATIONSHIP BETWEEN *MINDFUL EATING* AND BODY FAT PERCENTAGE IN STUDENTS AT THE FACULTY OF MEDICINE, PUBLIC HEALTH, AND NURSING, GADJAH MADA UNIVERSITY

Background: Obesity is a growing health problem and has a risk of metabolic disorders. College students are among the age groups that are prone to obesity due to high levels of stress and irregular diets. *Mindful eating* is seen as one of the approaches that can help reduce overeating behaviors and reduce the risk of body fat accumulation. However, studies examining the relationship between *mindful eating* and body fat percentage in college students are still limited and produce mixed findings.

Objective: To find out the relationship between *mindful eating* and body fat percentage in students of the Faculty of Medicine, Public Health, and Nursing, Gadjah Mada University.

Methods: This study is a non-experimental quantitative study using observational analytical methods and *cross-sectional approaches*. The subjects of this study were 135 undergraduate students of the Faculty of Medicine, Public Health, and Nursing, Gadjah Mada University with an age range of 20–24 years, consisting of 6 males and 129 females. The research subjects were selected by *convenience sampling method*. *Mindful eating* was measured by the *Mindful eating Questionnaire* (MEQ). Body fat percentage is calculated using the Durnin and Womersley formula based on the thickness of the biceps, triceps, subscapular, and suprailiac skin folds. Statistical analysis used the *Chi-Square* correlation test with a significance level of $p < 0.05$.

Results: As many as 36.3% of students have a moderate level of *mindful eating* and 34.8% of students have a high level of *mindful eating*. 15.6% of students are classified as obese based on body fat percentage. There was no significant relationship between *mindful eating* ($p=0.933$) and *body fat percentage*. There was no significant relationship between the dimensions of *mindful eating*, namely *disinhibition* ($p=0.185$), *Awareness* ($p=0.478$), *external cues* ($p=0.338$), *emotional response* ($p=0.831$), and *distraction* ($p=0.753$) with body fat percentage.

Conclusion: There was no significant relationship between *mindful eating* and body fat percentage in FK-KMK UGM students.

Keywords: *Mindful eating*; Obesity; Student.