

HUBUNGAN *MINDFUL EATING* DAN STRES TERHADAP STATUS GIZI REMAJA USIA 12–15 TAHUN DI KULON PROGO, YOGYAKARTA

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ABSTRAK

Latar Belakang: Status gizi remaja menjadi indikator penting dalam menentukan kualitas kesehatan dan pertumbuhan. Remaja rentan mengalami perubahan perilaku makan dan masalah psikologis, seperti stres, yang dapat memengaruhi status gizi. *Mindful eating* berperan dalam meningkatkan kesadaran terhadap perilaku makan, sedangkan stres dapat memengaruhi pola konsumsi dan aktivitas fisik remaja.

Tujuan: Mengidentifikasi hubungan *mindful eating* dan stres dengan status gizi remaja usia 12–15 tahun di Kulon Progo, Yogyakarta.

Metode: Penelitian *cross-sectional* ini melibatkan 239 siswa SMP Negeri 2 Kalibawang (139 laki-laki dan 100 perempuan) yang dipilih menggunakan *consecutive sampling*. Data yang dikumpulkan meliputi *mindful eating* menggunakan *Mindful Eating Questionnaire* (MEQ), tingkat stres menggunakan *Adolescents Stress Questionnaire-14* (ASQ-14), dan data antropometri (tinggi tubuh, berat tubuh, tanggal lahir) untuk memperoleh status gizi berdasarkan IMT/U yang diolah dengan *software WHO Anthroplus* berdasarkan kategori WHO *Growth Reference* 2007. Uji statistik yang digunakan adalah uji korelasi *Spearman*.

Hasil penelitian: Tidak terdapat hubungan yang signifikan antara *mindful eating* dan status gizi ($r = 0,047$; $p = 0,522$) maupun antara tingkat stres dan status gizi ($r = 0,096$; $p = 0,140$). Sebanyak 42,7% responden mengalami stres tinggi. Perempuan memiliki tingkat stres yang lebih tinggi (rerata skor ASQ-14 perempuan $26,03 \pm 8,80$; laki-laki $21,94 \pm 7,37$; $p = 0,013$). Selain itu, perempuan menunjukkan skor *emotional response* yang lebih rendah dan berbeda signifikan berdasarkan jenis kelamin ($p = 0,024$). Kecenderungan hubungan antara stres dan status gizi juga lebih kuat pada perempuan meskipun tidak signifikan ($r = 0,191$; $p = 0,057$) dibandingkan laki-laki ($r = 0,022$; $p = 0,839$).

Kesimpulan: Tidak terdapat hubungan yang signifikan antara *mindful eating* dan stres dengan status gizi remaja.

Kata Kunci: *mindful eating*; stres; status gizi; remaja

THE RELATIONSHIP BETWEEN MINDFUL EATING AND STRESS ON NUTRITIONAL STATUS AMONG ADOLESCENTS AGED 12–15 YEARS IN KULON PROGO, YOGYAKARTA

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ABSTRACT

Background: Adolescent nutritional status is an important indicator in determining health quality and growth. Adolescents are vulnerable to changes in eating behavior and psychological problems, such as stress, which may affect nutritional status. Mindful eating plays a role in increasing awareness of eating behavior, while stress may influence dietary intake patterns and physical activity among adolescents.

Objective: To identify the relationship between mindful eating and stress with the nutritional status of adolescents aged 12–15 years in Kulon Progo, Yogyakarta.

Methods: This cross-sectional study involved 239 students from SMP Negeri 2 Kalibawang (139 males and 100 females) selected using consecutive sampling. Mindful eating was assessed using the Mindful Eating Questionnaire (MEQ), stress level was measured using the Adolescent Stress Questionnaire-14 (ASQ-14), and nutritional status was determined based on BMI-for-age according to the WHO Growth Reference 2007. Data were analyzed using the Spearman correlation test.

Results: There was no significant association between mindful eating and nutritional status ($r = 0.047$; $p = 0.522$), nor between stress level and nutritional status ($r = 0.096$; $p = 0.140$). A total of 42.7% of respondents experienced high stress levels. Female respondents had higher stress levels than males (mean ASQ-14 scores: 26.03 ± 8.80 vs. 21.94 ± 7.37 ; $p = 0.013$). In addition, females exhibited lower emotional response scores, representing the only mindful eating dimension that differed significantly by sex ($p = 0.024$). A stronger tendency for an association between stress and nutritional status was also observed among females, although it did not reach statistical significance ($r = 0.191$; $p = 0.057$) compared with males ($r = 0.022$; $p = 0.839$).

Conclusion: There was no significant relationship between mindful eating and stress with nutritional status among adolescents.

Keyword: mindful eating; stress; nutritional status; adolescents.