ABSTRAK

Judul   : Perbedaan Faktor Risiko *Mindful Eating* Dan Asupan Zat Gizi Berdasarkan Status Gizi Pada Guru Wanita Usia 30-50 Tahun Di SMP Negeri Se-kecamatan Tanah Abang Jakarta Pusat

Nama   : Verydiana S M Botha, Khairizka Citra Palupi, Yulia Wahyuni, Vitria Melani, Anugrah Novianti

Program Studi : Gizi

Indonesia memasuki masalah gizi ganda dimana masalah gizi kurang masih belum teratasi, sudah muncul masalah gizi lebih. Perilaku konsumsi makanan yang salah dapat menyebabkan metabolisme tubuh terganggu sehingga dapat mempengaruhi status gizi. *Mindful eating* mengajarkan untuk sadar terhadap respon lapar dan kenyang sehingga seseorang dapat mengatur pola makannya. Mengetahui perbedaan faktor risiko *mindful eating* dan asupan zat gizi (energi, karbohidrat, protein, lemak, dan serat) berdasarkan status gizi pada guru wanita usia 30-50 tahun di SMP Negeri Se-kecamatan Kecamatan Tanah Abang Jakarta Pusat. Penelitian ini menggunakan metode desain *cross sectional* (potong lintang).Teknik pengambilan sampel menggunakan *purposive sampling*. Populasi yang digunakan adalah seluruh guru wanita usia 30-50 tahun. Jumlah sampel dalam penelitian ini adalah 49 orang. Sebagian besar responden memiliki usia rata-rata 43 tahun. Ada perbedaan yang signifikan *mindful eating* berdasarkan status gizi (indeks massa tubuh dan lingkar pinggang) dengan $p < 0.05$. Ada perbedaan yang signifikan asupan lemak berdasarkan status gizi (indeks massa tubuh) dengan $p < 0.005$. Dalam penelitian ini terdapat perbedaan kesadaran saat makan(*mindful eating*) dan asupan lemak dapat berdasarkan status gizi.Pada penelitian ini diharapkan para guru khusunya wanita untuk lebih memperhatikan asupan zat gizi (energi, karbohidrat, protein, lemak dan serat) sesuai dengan rekomendasi asupan yang dianjurkan. Pada penelitian selanjutnya diharapkan untuk dapat melakukan intervensi lebih lanjut mengenai *mindful eating*

Kata Kunci : Asupan Zat Gizi, *Mindful Eating*, Status Gizi

ABSTRACT

Title : Differences Of Risk Factors Of Mindful Eating And Nutrition Substance Of Nutrition Based On Nutritional Status On Age 30-50 Years Teachers In State School In The Whole District Of Tanah Abang District, Central Jakarta

Name : Verydiana Seraphine Milo Botha, Khairizka Citra Palupi, Yulia Wahyuni, Vitria Melani, Anugrah Novianti

Study Program : Nutrition

Indonesia enters multiple nutritional problems where malnutrition is still not resolved, more nutritional problems have arisen. The behavior of people towards the wrong eating habits can cause disruption to the body's metabolism so that it can affect the nutritional status of that person. Mindful eating teaches you to be aware of the hunger response and full response so that a person can manage their diet. This study was conducted to determine differences in mindful eating risk factors and nutrient intake (energy, carbohydrates, proteins, fats, and fiber) based on nutritional status in female teachers aged 30-50 years in State Junior High Schools in the whole district of Tanah Abang district, Central Jakarta. This study uses a cross sectional design method. The sampling technique uses purposive sampling. The population used is all female teachers aged 30-50 years. The number of samples in this study was 49 people. Most respondents have an average age of 43 years. the results of this study found significant differences in mindful eating based on nutritional status (body mass index and waist circumference) with $p < 0.05$. In addition, there were also significant differences in fat intake based on nutritional status (body mass index) with $p < 0.005$. In this study there are differences in mindful eating and fat intake can be based on nutritional status. In this study teachers are expected especially women to pay more attention to nutrient intake (energy, carbohydrates, protein, fat and fiber) in accordance with the recommended intake recommended. In subsequent studies it is expected to be able to further intervene about mindful eating.

Keywords: Nutritional Substance, Mindful Eating, Nutritional Status