

ABSTRACT

Title : The Effects of Mindful Eating Semi Online (Meso) Nutrition Education on Body Weight, Macro Nutrition and Mindful Eating Intake of Workers with Over Nutrition

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Background : *Over nutrition has become a global problem throughout the world which can lead to an increased risk of several types of cancer, cardiovascular and metabolic diseases, osteoarticular disease, and an increase in all causes of risk of death. This can be proven from the Riskesdas data (2018). The proportion of overweight in adults aged >18 years in 2007, 2013 and 2018 was 8.6%, 11.5%, 13.6% . Nutrition education is very important needed for adults to be beneficial for increasing balanced nutrition behavior. Online is an innovative, efficient and cost-effective method for implementing nutrition education for workers who cannot be separated from gadgets in their daily lives (Kominfo, 2014). Workers need nutritional education media that are educative, creative, and innovative. One example is nutrition education via mobile phones with the use of the whatsapp application can change eating patterns because it can be accessed anytime and anywhere.*

Objective : *This study aims to determine the effect of Mindful Eating Semi Online nutrition education on body weight , macro nutrient intake and mindful eating status of workers with over nutrition on workers with over nutrition at Bank Mandiri Taspen.*

Method : *The method used in this study is a quantitative method with the type of Quasi Experimental research or quasi-experimental. The approach used is a pre-test and post-test control group design , namely in each control and treatment group given a pre-test and post-test .*

Results : *Forty-six respondents (24 women and 22 men) completed the study. Obtained an average decrease in body weight in the treatment group of 2.26 kg (p = 0.0001) and in the control group 1.66 (p = 0.0001) and the average reduction in energy intake in the treatment group by 417.85 (p = 0.0001), in the control group by 405.7 (p = 0.0001), the average decrease in protein intake in the treatment group was 9.28 (0.002) and in the control group was 6.47 (0.080), the average reduction in fat intake in the treatment group was 10.66 (p = 0.001) and in the group the control was 19,635 (0,0001), the average decrease in carbohydrate intake in the treatment group was 28,402 (0.026) and in the control group was 53,511 (0,0001).*

Conclusion : GENTAS nutrition education semi online on the group gives the results of weight loss, energy intake and macro nutrients as well as mindful eating respondents. Mindful eating education online accompanied by visual media daily food journals also gave significant results in weight loss, energy intake and macro nutrients as well as mindful eating, compared to the control group. Nevertheless, the results obtained from the treatment group and the control group were not much different so that it can be concluded that GENTAS semi online education was sufficient to provide significant results.

Suggestions: Workers with over nutrition to be more aware and focused on the choice of food to be consumed as replacing snack sweet or salty into fruits.

Keywords : Body Weight, Feed Substance Macro Nutrition, Mindful Eating

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