

ABSTRAK



EFEKTIVITAS EDUKASI GIZI “EMPIRE” TERHADAP ASUPAN ZAT GIZI MAKRO, SERAT DAN GULA PADA WANITA DENGAN GIZI LEBIH

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VI BAB, Halaman, Tabel, Gambar, Lampiran

Latar Belakang: Prevalensi gizi lebih cukup tinggi di Indonesia, salah satu cara pencegahan gizi lebih adalah dengan mindful eating dan edukasi gizi.

Tujuan: Untuk melihat efektifitas edukasi gizi “*Emotion and Mind Power in Relationship with Eating (EMPIRE)*” yang merupakan edukasi gizi dengan pendekatan psikologis (*mindful eating*) berbasis *online* terhadap asupan zat gizi makro, serat dan gula pada wanita dengan gizi lebih.

Jenis Penelitian: *Pre-experimental* dengan desain penelitian *one group pretest-posttest*. Penelitian ini menggunakan sampel sebanyak 42 orang. Pengambilan data asupan makan responden menggunakan alat berupa formulir *food recall* 24 jam yang dilakukan 2 tahap yaitu pada *weekday* dan *weekend*, lalu dianalisis menggunakan *nutrisurvey 2007* untuk mengetahui jumlah asupan energi, protein, lemak, karbohidrat, serat dan gula (gula tambahan) responden. Analisis data menggunakan uji *Paired Sample T-test* *Dependen* dan *Wilcoxon*.

Hasil: Berdasarkan hasil penelitian dapat diketahui bahwa asupan energi, protein, lemak, karbohidrat, dan gula responden mengalami penurunan yang signifikan dengan hasil *pValue* $<0,05$ yang berarti adanya pengaruh dari pemberian edukasi “EMPIRE” terhadap asupan energi, protein, lemak, karbohidrat, dan gula pada wanita dengan gizi lebih. Namun untuk asupan serat responden, tidak mengalami perubahan yang signifikan dengan hasil *pValue* $>0,05$ yang berarti tidak ada pengaruh pemberian edukasi “EMPIRE” terhadap asupan serat pada wanita dengan gizi lebih.

Kesimpulan: Edukasi *EMPIRE* dapat efektif untuk menurunkan asupan energi, protein, lemak, karbohidrat, dan gula pada responden. Namun tidak efektif untuk meningkatkan asupan serat responden karena asupan serat tidak mengalami perubahan yang signifikan.

Kata Kunci: energi, protein, lemak, karbohidrat, serat, gula, *mindful eating*



ABSTRACT

THE EFFECTIVENESS OF NUTRITION EDUCATION "EMPIRE" AGAINST INTAKE OF MACRO NUTRIENTS, FIBER AND SUGAR IN WOMEN WITH OVER NUTRITION

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VI Chapter, Page, Table, Chart, Attachment

Background : The prevalence of overweight and obesity is quite high in Indonesia, one of the approaches is mindful eating and nutrition education.

Objective : To see the effectiveness of nutrition education “Emotion and Mind Power in Relationship with Eating (EMPIRE)”, which is nutrition education with an online-based psychological approach (mindful eating) on the intake of macronutrients, fiber and sugar in women with over nutrition.

Method : Pre-experimental research design with one group pretest-posttest. This study used a sample of 42 people. Data retrieval of respondents' food intake using a 24-hour food recall form which was carried out in 2 stages, namely on weekdays and weekends, then analyzed using nutrisurvey2007 to find out the amount of energy, protein, fat, carbohydrate, fiber and sugar (added sugar) intake of respondents. Data analysis used Paired Sample T-test Dependent and Wilcoxon test.

Result : Based on the results of research it can be seen that the respondent's energy, protein, fat, carbohydrate, and sugar intake decreased significantly with pValue <0.05, which means that there is an effect of providing education "EMPIRE" on the intake of energy, protein, fat, carbohydrates, and sugar in women with over nutrition. However, based on the results of research on fiber intake, it can be seen that the respondent's fiber intake did not experience a significant change with pValue > 0.05, which means that there is no effect of providing "EMPIRE" education on fiber intake in women with over nutrition.

Conclusion : EMPIRE education can be effective in reducing the intake of energy, protein, fat, carbohydrates, and sugar in respondents. However, it is not effective in increasing the respondent's fiber intake because fiber intake has not changed significantly.

Keywords : energy, protein, fat, carbohydrates, fiber, sugar, mindful eating.