

ABSTRAK



UNIVERSITAS ESA UNGGUL
FAKULTAS ILMU-ILMU KESEHATAN
PROGRAM STUDI ILMU GIZI
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ZAHRA ZAKIYAH KOMARUDIN

**HUBUNGAN CITRA TUBUH, *MINDFUL EATING*, DAN PERILAKU DIET
PENURUNAN BERAT BADAN DENGANS STATUS GIZI PADA
MAHASISWI**

VI BAB, 124 Halaman, 11 Tabel, 6 Gambar, 6 Lampiran

Latar Belakang : Status gizi merupakan indikator penting pada kesehatan mahasiswa. Hal ini disebabkan karena mahasiswa berada pada kelompok umur yang rentan terhadap masalah gizi karena beberapa alasan. Tahun-tahun kuliah adalah masa penurunan kualitas diet, yang mungkin memainkan peran sentral dalam penambahan berat badan.

Tujuan : Penelitian ini bertujuan untuk menganalisis hubungan citra tubuh, *mindful eating*, dan perilaku diet penurunan berat badan dengan status gizi pada mahasiswi.

Metode Penelitian : Jenis penelitian ini adalah kuantitatif dengan desain *cross sectional*. Sampel pada penelitian ini yaitu 122 mahasiswi yang diambil secara *Proportionate Stratified Random Sampling*. Data yang diambil yaitu karakteristik responden, citra tubuh, *midnful eating*, dan perilaku diet penurunan berat badan dari kuesioner dan status gizi dari pengukuran berat badan dan tinggi badan responden. Hubungan antar variabel diuji menggunakan uji Chi-Square.

Hasil Penelitian : Terdapat hubungan yang bermakna antara citra tubuh dengan status gizi kurus ($p = 0,004$) dan gemuk ($p = 0,000$). Tidak terdapat hubungan yang bermakna antara *mindful eating* dengan status gizi kurus ($p = 0,116$) dan gemuk ($p = 0,520$). Terdapat hubungan yang bermakna antara perilaku diet penurunan berat badan dengan status gizi kurus ($0,010$), namun tidak terdapat hubungan dengan status gizi gemuk ($0,389$).

Kesimpulan : Hasil penelitian menunjukkan terdapat hubungan yang bermakna antara citra tubuh dengan status gizi kurus dan gemuk. *Mindful eating* tidak terdapat hubungan bermakna dengan status gizi kurus dan gemuk. Perilaku diet penurunan berat badan hanya berhubungan dengan status gizi kurus.

Kata kunci: Status Gizi, Citra Tubuh, *Mindful eating*, Diet penurunan berat badan

ABSTRACT



ESA UNGGUL UNIVERSITY
FACULTY OF HEALTH SCIENCE
NUTRITION DEPARTMENT
UNDERGRADUATE THESIS, AUGUST 202

ZAHRA ZAKIYAH KOMARUDIN

**RELATHIONSHIP BETWEEN BODY IMAGE, MINDFUL EATING, AND
WEIGHT LOSS DIET BEHAVIOUR WITH NUTRITIONAL STATUS IN
FEMALE COLLEGE STUDENTS**

VI CHAPTER, 124 Pages, 11 Tables, 6 Pictures, 6 Attachments

Background : Nutritional status is an important indicator for student health. This is because students are in an age group that is prone to nutritional problems for several reasons. College years are where students experience declining diet quality, which may play a central role in weight gain.

Purpose : This study aims to analyze the relationship between body image, mindful eating, and weight loss diet behavior with nutritional status in female students.

Methods : This type of research is quantitative with a cross sectional design. The sample in this study were 122 female students by proportional stratified random sampling. The data collected include the respondent's characteristics, body image, mindful eating, and weight loss diet behavior based on the questionnaire and nutritional status based on the measurement of the respondent's weight and height. The relationship between variables was tested using the Chi-Square test.

Result : There is a significant relationship between body image and nutritional status of thin ($p = 0.004$) and fat ($p = 0.000$). There was no significant relationship

between mindful eating and the nutritional status of thin ($p = 0.116$) and obese ($p = 0.520$). There is a significant relationship between weight loss diet behavior and underweight nutritional status (0.010), but there is no relationship with obese nutritional status (0.389). The results showed that there was a significant relationship between body image ($p = 0.000$) and weight loss diet behavior ($p = 0.003$) with nutritional status. There was no significant relationship between mindful eating and nutritional status ($p = 0.171$).

Conclusion : The results showed that there was a significant relationship between body image and the nutritional status of thin and fat. Mindful eating has no significant relationship with the nutritional status of thin and fat. Weight loss diet behavior is only associated with underweight nutritional status.

Keywords: Nutritional Status, Body Image, Mindful Eating, Weight Loss Diet