

Efek moderasi trait mindfulness terhadap hubungan antara psychological distress dan perilaku emotional eating pada dewasa muda di masa pandemi COVID-19 = The moderating effect of trait mindfulness on the relationship between psychological distress and emotional eating behavior of young adults amidst COVID-19 pandemic

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Abstrak

Situasi yang penuh tekanan seperti COVID-19 memiliki dampak yang signifikan pada khususnya dewasa muda. Salah satu dampak peristiwa tersebut misal berupa meningkatnya psychological distress, yaitu keadaan subjektif nonklinis yang menimbulkan perasaan depresi dan kecemasan. Individu dengan strategi coping yang kurang baik lantas mengembangkan perilaku makan berlebihan yang disebabkan karena keadaan emosi negatifnya (emotional eating). Salah satu faktor yang dapat mengurangi perilaku emotional eating individu adalah mindfulness. Penelitian ini kemudian mengukur hubungan antara psychological distress dan emotional eating dengan menggunakan desain korelasional Pearson. Sementara itu, efek mindfulness terhadap hubungan antara psychological distress dan emotional eating diukur menggunakan analisis moderasi. Sampel didapatkan dengan menggunakan teknik convenience sampling pada dewasa muda di seluruh Indonesia. Alat ukur self-report digunakan pada masing-masing variabel yaitu psychological distress, emotional eating, dan mindfulness. Sebanyak 225 orang partisipan berpartisipasi pada penelitian berbasis daring dengan sukarela, dengan rentang usia partisipan terbanyak adalah 19-24 tahun ($M = 22.75$, $SD = 3.739$). Hasil penelitian menunjukkan bahwa psychological distress memiliki hubungan positif yang signifikan dengan emotional eating, meskipun tidak ditemukan peran moderasi mindfulness pada hubungan tersebut.

.....Stressful events such as the COVID-19 pandemic has significantly brought serious impact for young adults, one of them including the increasing psychological distress. Psychological distress is a non-clinical subjective state that causes feelings of depression and anxiety. Furthermore, individuals with poor coping strategies develop overeating due to their negative emotional state (emotional eating). One of the factors that may reduce the emotional eating behavior is mindfulness. This study measures the relationship between psychological distress and emotional eating using the Pearson correlational design. On the other hand, the effect of mindfulness in the relationship between psychological distress and emotional eating is measured using moderation analysis. Samples are obtained from young adults in Indonesia using the convenience sampling technique. The data is then collected using a self-report method for each variable (e.g. psychological distress, emotional eating, mindfulness). A total of 225 participants have taken part in this online-based study voluntarily, mostly aged 19-24 year old ($M = 22.75$, $SD = 3.739$). The results show that psychological distress has a significant positive relationship with emotional eating, although it is discovered that there is no moderating effect of mindfulness in the said association.