

Peran Mindful Eating Terhadap Kecenderungan Binge Eating Pada Dewasa Muda di Masa Pandemi COVID-19 = The Role Of Mindful Eating On Binge Eating Propensity In Young Adults During Covid-19 Pandemic

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Abstrak

Penelitian ini dilakukan untuk mengetahui peran mindful eating terhadap kecenderungan binge eating pada dewasa muda di masa pandemi COVID-19. Total partisipan pada penelitian ini berjumlah 118 partisipan dengan rentang usia dewasa muda, yaitu 19-40 tahun serta berdomisili dan berkewarganegaraan Indonesia. Pengukuran mindful eating menggunakan alat ukur Mindful Eating Questionnaire (MEQ) sedangkan kecenderungan binge eating diukur menggunakan Binge Eating Scale (BES). Kedua alat ukur tersebut sudah diadaptasi dan sudah pernah digunakan dalam bahasa Indonesia. Hasil penelitian ini menunjukkan bahwa mindful eating memiliki peran yang signifikan terhadap kecenderungan binge eating ($R^2 = 0.262$; $F(1,116) = 41.102$, $p < 0.05$).

.....This study was conducted to determine the role of mindful eating on binge eating propensity in young adults during COVID-19 pandemic. The total participants in this study amounted to 118 participants with an age range of young adults (19-40 years), also domiciled and citizens of Indonesia. Mindful eating was measured using the Mindful Eating Questionnaire (MEQ) while binge eating propensity was measured using the Binge Eating Scale (BES). Both instruments have been adapted and have been used in Indonesian. The results of this study indicate that mindful eating has a significant role in binge eating propensity ($R^2 = 0.262$; $F(1.116) = 41.102$, $p < 0.05$).