

Korelasi antara Skor Mindful Eating dan Asupan Sodium pada Remaja saat Pandemi Covid-19 di Indonesia = Correlation Between the Mindful Eating Score and Sodium Intake Among Adolescent in Indonesia during Pandemic Covid 19

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Abstrak

Asupan sodium yang berlebihan pada remaja dapat meningkatkan risiko mengalami Penyakit Tidak Menular (PTM). Lingkungan menjadi salah satu faktor yang memicu peningkatan asupan sodium melalui pola makan “mindless eating”. Sebaliknya, makan dengan penuh kesadaran atau mindful eating dianggap mempunyai potensi untuk mengontrol asupan makanan termasuk mencegah asupan sodium yang berlebihan pada remaja. Dengan demikian, penelitian ini bertujuan untuk mengetahui hubungan mindful eating dengan asupan sodium pada remaja.

Subjek berusia 15-18 tahun yang direkrut dari Sekolah Menengah Atas (SMA). Subjek diukur status gizi, dan mengisi kuesioner mindful eating questionnaire (MEQ) untuk menilai skor mindful eating. Asupan sodium diperoleh melalui wawancara dengan 24-hour recall.

Terdapat 240 responden yang terdiri dari 60.4% perempuan dengan asupan sodium mencapai 1665.60 (76.1 – 3550.9) mg/day. Rata rata skor mindful eating adalah 2.69 ± 0.19 . Hasil menunjukkan terdapat korelasi negatif yang signifikan antara mindful eating dan asupan sodium ($r = -0.14$; $p = 0.04$). Analisis lebih lanjut dengan disesuaikan dengan faktor perancu (jenis kelamin), mindful eating dan asupan sodium tetap menunjukkan korelasi negatif yang signifikan ($r = -0.13$; $p = 0.04$).

Mindful eating mempunyai korelasi negatif yang signifikan dengan asupan sodium pada remaja. Semakin tinggi skor mindful eating, semakin rendah asupan sodium

.....Objective: The excessive sodium in adolescents is associated with Non-Communicable Diseases (NCDs). Environment as one of factor that can led to increase the sodium intake through eating mindlessly. As the opposite term from mindless eating, the eating behaviour that involves mindfulness is considered to have the potency to control food intake including to prevent excessive sodium intake in adolescents. Therefore, this study aimed to determine the correlation between mindful eating and sodium intake in adolescents.

Method: Participants aged 15-18 years who were recruited from senior high school. Participants were measured nutritional status, and asked to fill the mindful eating questionnaire (MEQ) to assess the mindful eating score. the sodium intake is obtained from repeated 24 hours food recall.

Result: There are 240 participants, consist of female (60.4%), with sodium intake is 1665.60 (76.1 – 3550.9) in mg/day. The mindful eating score is 2.69 ± 0.19 . There is negatively significant correlation between mindful eating and sodium intake ($r = -0.14$; $p = 0.04$). After adjusted with gender, mindful eating remains

have a negatively significant correlation ($r = -0.13$; $p = 0.04$).

Conclusion: Mindful eating had a negatively correlation with sodium intake in adolescents, a higher mindful eating, lower sodium intake.