

THE RELATIONSHIP BETWEEN MINDFUL EATING HABITS AND THE INCIDENCE OF OBESITY AMONG STUDENTS AT POLITEKNIK NEGERI JEMBER

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ABSTRACT

*Obesity is one of the nutritional problems whose prevalence continues to increase among young adults, including university students. One factor that is presumed to be associated with obesity is **mindful eating**, an eating behavior characterized by full Awareness of hunger and satiety cues, eating experiences, and the ability to regulate eating in response to emotional and environmental stimuli. This study aimed to analyze the relationship between mindful eating habits and the incidence of obesity among students at Politeknik Negeri Jember. This study employed an observational analytic design with a **cross-sectional** approach. A total of 121 sixth- and eighth-semester students were selected using **stratified proportional sampling**. Mindful eating habits were assessed using the **Mindful eating Questionnaire (MEQ)**, while obesity status was determined based on **Body Mass Index (BMI)**. Data were analyzed using univariate and bivariate analyses with the **Chi-square test**, and the **Prevalence Ratio (PR)** was calculated with a 95% confidence interval.*

The results showed that 54.5% of the respondents had high mindful eating habits, while 24.8% were classified as obese. Bivariate analysis revealed a significant relationship between mindful eating habits and the incidence of obesity ($p = 0.002$). Students with low mindful eating habits had a 2.8 times higher prevalence of obesity than those with high mindful eating habits ($PR = 2.800$; 95% $CI = 1.399-5.605$). In conclusion, there was a significant relationship between mindful eating habits and the incidence of obesity among students at Politeknik Negeri Jember. These findings suggest that mindful eating is an important eating behavior that should be considered in obesity prevention efforts among university students.

Keywords: *mindful eating, obesity, university students, eating behavior.*