Relationship of Body Image and Mindful Eating with Nutritional Status in Students of K.H. Sahlan Rosyidi Islamic Boarding School

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ABSTRACT

This study aimed to analyze the relationship of body image and mindful eating with nutritional status of female students at K.H. Sahlan Rosjidi Islamic Boarding School using Body Shape Questionnaire, Mindful Eating Questionnaire and Body Mass Index (BMI). The samples were 75 students using purposive sampling method. Data analysis was performed using Spearman's rank test. There is a relationship between body image perception and nutritional status (p=<0.001) and no relationship between mindful eating and nutritional status (p=0.646). Most subjects have a positive body image and good eating habits.

Keywords: body image, college, mindful eating, nutritional status

INTRODUCTION

Physical appearance is one of the essential factors to show in daily interactions. Body image is a person's description of their physical appearance in the form of positive and negative evaluations, and the acceptance of their physical appearance received from their surrounding environment will affect their satisfaction. If a person feels dissatisfied with themselves, they will tend to eat an unbalanced diet. Meanwhile, mindful eating is when a person gives all their attention to food without judgment. Nutritional status is a measure of an individual's nutritional fulfillment, which can be assessed on the basis of measurements of weight and height, among others (Bakara 2019). If a person's consumption pattern is abnormal and continues for a long time, it will cause various health problems (Cholidah 2020). This study aimed to analyze the relationship of body image and mindful eating with nutritional status of female students.

METHODS

This research was conducted at K.H. Sahlan Rosjidi Islamic Boarding School in Semarang in October 2022 with a cross-sectional design. The population of this study was 280 people. The sampling method was a purposive sampling method with the results of 75 female students aged 18 to 22 years. The data in this study were collected through interviews and anthropometric measurements (weight and height). Body image perception was measured using the Body Shape Questionnaire with 24 question items and 4 categories: no concern with body shape (<80), mild concern with body shape (80–110), moderate concern with body shape (111–140), marked concern with body shape (>140) (Sitepu *et al.* 2020). The next questionnaire used was the Mindful Eating Questionnaire, which consists of 28 questions with four assessment items. Each item was scored as follows: 4 (never); 3 (sometimes); 2 (rarely); 1 (often/always). A higher final score indicates a greater concern for mindful eating (Hilmia 2020). The collected data were analyzed using Spearman's rank correlation test.

RESULTS AND DISCUSSION

The characteristics of the subjects in this study were aged 18–22 years with a mean age of 18.9±0.80 and mean nutritional status based on Body Mass Index (BMI) of 1.54±0.58. The subjects were on average at the age of 18 years, at which time young women are beginning to try to accept their physical appearance. Based on the results of the interviews and measurements, most

of the subjects had normal BMI and good eating habits (Table 1).

The mean body image score was 83.08±33.93, with 40 subjects (53.3%) not having concern with their body shape. Based on the results of interviews with one of the subjects, the subject felt that her body shape and size were not a problem, so she did not feel the need to lose weight. The mean mindful eating score was 80.09±5.99, with 62 subjects (82.7%) having a high level of mindful eating. The high scores indicate that most subjects are mindful of eating (Figure 1).

Analysis of the relationship between body image and nutritional status using Spearman's rank test yielded a result of 0.000 (p<0.005) and an r–value of 0.641, indicating a relationship between body image and nutritional status. The test results for the relationship between mindful eating and nutritional status showed no relationship with the results of p=0.646 (>0.05) and r of 0.054 (Figure 1). Individuals with low mindful eating scores have eating habits that are not careful, for example, they do not pay attention to the amount, frequency, type, and circumstances of eating (Cucarela & Salgado 2016).

Table 1. Distribution of respondents based on research variables

Characteristics	n	(%)
Age (Years)		
18	49	65.3
19	15	20.0
20	9	12.0
21	2	2.7
Nutritional status Body Mass Index (BMI) (kg/m^2)		
Underweight (17.0–18.4)	12	16
Normal (18.5–25.0)	47	62.7
Overweight (25.1–27.0)	2	2.7
Obese (>30.0)	13	17.3
Study program		
Bachelor's degree in health or nutrition	60	79.9
Bachelor's degree in maths	4	5.3
Bachelor's degree in social sciences	11	14.7
Body Image Questionaire (BSQ–24)		
Marked Concern With Shape	5	6.7
Moderate Concern With Shape	8	10.7
Mild Concern With Shape	22	29.3
No Concern With Shape	40	53.3
Mindful Eating Questionaire (MEQ–28)		
Very High (>74)	13	17.3
High (62–74)	62	82.7
Total	75	100

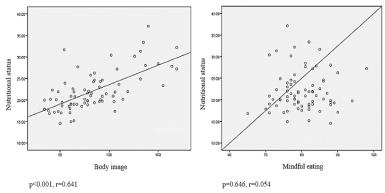p<0.001, r=0.641   p=0.646, r=0.054

Figure 1. Relationship between body image and mindful eating with nutritional status

CONCLUSION

Most of the respondents have a positive body image (53.3%) and were satisfied with their physical appearance, so the respondents did not feel the need to restrict food intake or follow a strict diet, as indicated by a mindful eating score of 82.7%, which indicates that the respondents have good eating habits.

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DECLARATION OF CONFLICT OF INTERESTS

The authors have no conflicts of interest to declare.

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