

ABSTRACT

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**The Development of Mindful Eating of Young Adulthood in Jakarta Barat:
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University (47 pages, APPDX1 - APPDX3, R1 - R23)**

The purpose of this research is the development of measurement tools mindful eating in early adulthood in West Jakarta. There are five dimensions of the measuring instrument mindful eating, are awareness, distraction, disinhibition, emotional, and external. The research participants were 567 participants. Measuring tool mindful eating in early adulthood in West Jakarta has discriminant validity and convergent validity were good. This study also uses measuring devices mindfulness. Mindfulness has two dimensions of awareness and acceptance. And two-dimensional good level of reliability. The correlation between eating mindfully and mindfulness showed that there was no significant relationship between the dimensions of eating mindfully with mindfulness.

Keywords: mindful eating, mindfulness, test measurement, early adulthood