

## Hubungan peer and parent attachment dengan gangguan perilaku makan pada remaja SMA di Bekasi = The relationship between peer and parent attachment with disordered eating behaviors on high school students in Bekasi

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### Abstrak

Remaja mengalami pertumbuhan dan perkembangan fisik serta psikologis yang pesat. Hal ini membuat remaja rentan mengalami masalah kesehatan, salah satunya gangguan perilaku makan. Salah satu faktor yang mempengaruhi yaitu peer attachment dan parent attachment. Tujuan penelitian untuk mengetahui adanya hubungan peer dan parent attachment dengan gangguan perilaku makan pada remaja SMA. Penelitian menggunakan desain cross sectional kepada 65 responden yang diambil berdasarkan purposive sampling. Kriteria responden penelitian yaitu remaja usia 15-17 tahun dan mengalami gangguan perilaku makan. Gangguan perilaku makan diidentifikasi menggunakan alat ukur The Eating Attitudes Test-26 EAT-26, sedangkan attachment diukur dengan mengadakan penyuluhan secara berkala berkaitan dengan berat badan ideal, perilaku makan yang baik, dan gizi seimbang. The Inventory of Peer and Parent Attachment IPPA yang valid dan reliabel. Penelitian ini telah dinyatakan lolos kaji etik oleh Komite Etik Penelitian Fakultas Ilmu Keperawatan Universitas Indonesia.

Hasil penelitian menunjukkan ada hubungan peer attachment dengan gangguan perilaku makan  $p=0,000$ ;  $r=0,459$ , dan ada hubungan parent attachment dengan gangguan perilaku makan  $p=0,020$ ;  $r=0,288$ . Rekomendasi adalah sekolah dapat memaksimalkan upaya membangun perilaku hidup sehat dengan mengadakan penyuluhan secara berkala berkaitan dengan berat badan ideal, perilaku makan yang baik, dan gizi seimbang.

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The growth and development on adolescent changes rapidly. It makes adolescent become more vulnerable with health problems, one of them is disordered eating behaviors. Peer attachment and parent attachment are factors that influence the problem. This study is aimed to determine the correlation between peer and parent attachment with disordered eating behaviors in high school adolescents. Its design was cross sectional with 65 samples and selected through purposive sampling. technique. The Criteria of respondents were adolescent aged 15 17 years and experienced disodered eating behaviors. Disordered eating behaviors were identified using the The Eating Attitudes Test 26 EAT 26, while attachments were measured by The Inventory of Peer and Parent Attachment IPPA. Both of them are valid and reliable. This research has been declared escaped ethical review by Research Ethics Committee Faculty of Nursing University of Indonesia.

The results showed there were a correlation between peer attachment and disordered eating behaviors  $p 0,000 r 0,459$  . Also, there were a correlation between parent attachment and disordered eating behaviors  $p 0,020 r 0,288$  . This study recommends that schools can maximize efforts to build healthy lifestyles by conducting periodic counseling related to ideal body weight, good eating behavior, and balanced nutrition.