

Pengaruh media sosial sebagai faktor dominan kejadian kecenderungan eating disorders pada siswa/i di SMA negeri 81 Jakarta Tahun 2020 = Social Media Influence as dominant factor of the tendency of eating disorders incidence among students at 81 Public Senior High School Jakarta in 2020

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Abstrak

Eating disorders didefinisikan sebagai penyimpangan perilaku makan ekstrem serta gangguan pada pikiran dan perasaan yang dapat mempengaruhi kesehatan fisik dan mental bahkan mengancam jiwa. Penelitian ini bertujuan untuk mengetahui perbedaan proporsi faktor internal dan faktor eksternal dengan kecenderungan eating disorders serta mengetahui faktor dominan kecenderungan eating disorders pada siswa/i di SMA Negeri 81 Jakarta. Penelitian ini menggunakan metode kuantitatif dengan desain potong-lintang. Pengambilan data dilakukan pada bulan April 2020 melalui pengisian kuesioner online oleh responden (n=151). Kuesioner yang digunakan yaitu Eating Disorder Diagnostic Scale (EDDS), Body Areas Satisfaction (BASS) dan Multidimensional Body Self Relations Questionnaire (MBSRQ) terkait distorsi persepsi tubuh, Rosenberg Self-esteem Scale terkait kepercayaan diri, jenis kelamin, Depression Anxiety Stress Scale (DASS) terkait tingkat stres, The Media and Technology Usage and Attitudes Scale terkait pengaruh media sosial serta The Perceived Friend Preoccupation with Weight and Dieting Scale terkait pengaruh teman sebaya. Hasil penelitian ini memperlihatkan bahwa 78,8% responden memiliki kecenderungan eating disorders. Hasil uji chi-square menunjukkan bahwa terdapat perbedaan proporsi antara pengaruh media sosial ($p=0,007$) dengan kecenderungan eating disorders. Uji regresi logistik menyatakan faktor dominan dari kecenderungan eating disorders adalah pengaruh media sosial (OR=3,407). Berdasarkan hasil penelitian, penulis menyarankan untuk dilakukan edukasi gizi pada remaja mengenai eating disorders dengan memanfaatkan media sosial demi meningkatkan pengetahuan kesehatan serta meningkatkan kewaspadaan terhadap eating disorders.

.....Eating disorders are defined as deviations in extreme eating behavior as well as disturbances in mind and feelings that can affect physical and mental health even life-threatening. This study aims to determine the tendency of eating disorders in adolescents at 81 Public Senior High School Jakarta based on several internal and external factors, and also find out the dominant factor. This study uses a quantitative method with a cross-sectional design. Data was collected in April 2020 through filling out online questionnaires by respondents (n = 151). The questionnaires used were Eating Disorder Diagnostic Scale (EDDS); Body Areas Satisfaction (BASS) and Multidimensional Body Self Relations Questionnaire (MBSRQ) related to distortion of body perception; Rosenberg Self-esteem Scale related to self-confidence; gender; Depression Anxiety Stress Scale (DASS) related to stress levels; The Media and Technology Usage and Attitudes Scale related to the social media influence; and The Perceived Friend Preoccupation with Weight and Dieting Scale related to peer influence. The results of this study indicate that 78.8% of respondents have tendency of eating disorders. Chi-square test result showed that there is a difference in the proportion between the influence of social media ($p = 0.007$) with the tendency of eating disorders. Logistic regression test states that the dominant factor of the tendency of eating disorders is the influence of social media (OR = 3,407).

Based on the results of this study, the author suggest to do nutrition education about eating disorders in adolescents by utilizing social media for the sake of improving health knowledge and increase awareness of eating disorders.