

## Perbedaan proporsi kecenderungan perilaku makan menyimpang berdasarkan literasi gizi, self-esteem, dan faktor lainnya pada siswa-siswi SMAN 5 Malang tahun 2020 = Proportion differences of eating disorders tendency based on nutrition literacy, self-esteem, and other factors among students in SMAN 5 Malang 2020.

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### Abstrak

Perilaku makan menyimpang (PMM) merupakan penyakit medis yang ditandai dengan gangguan parah pada perilaku makan seseorang dan dapat menyebabkan perubahan konsumsi atau penyerapan makanan, serta secara signifikan mengganggu kesehatan fisik atau fungsi psikososial. Di DKI Jakarta, diketahui sebesar 34,8% remaja memiliki kecenderungan PMM. Penelitian ini bertujuan untuk mengetahui gambaran dan perbedaan proporsi kecenderungan PMM berdasarkan faktor risikonya seperti literasi gizi, self-esteem, citra tubuh, pengaruh social networking sites (SNS), tingkat stres, uang saku, dan jenis kelamin pada siswa-siswi SMAN 5 Malang tahun 2020. Penelitian ini menggunakan desain studi potong lintang dengan 134 responden. Pengambilan data penelitian dilakukan pada bulan Desember 2020 dan didapatkan dari pengisian kuesioner secara daring. Hasil analisis univariat penelitian menunjukkan bahwa 81,3% memiliki kecenderungan PMM. Hasil uji Chi-square menunjukkan bahwa terdapat perbedaan proporsi antara kecenderungan PMM dan citra tubuh (p-value 0,033).

.....Eating disorders are serious medical illnesses characterized by a severe disruption to a person's eating behaviors that can cause changes in food consumption or absorption, as well as significantly affect a person's physical and mental health. In DKI Jakarta, 34.8% of adolescents have the tendency towards eating disorders. This study aims to determine the proportion differences of eating disorders' tendency based on its risk factors such as nutrition literature, self-esteem, body image, the influence of social networking (SNS), stress, pocket money, and gender among adolescents at SMAN 5 Malang in 2020. This cross-sectional study was conducted in December 2020 through filling out online questionnaires by 134 students as respondents. Univariate analysis showed that 81.3% students have the tendency towards eating disorders. Chi-square statistic test showed that there is a significant proportion differences in the tendency towards eating disorders based on body image.