

# Faktor Risiko Body Image Dissatisfaction pada Remaja dan Hubungannya Dengan Kebiasaan Makan dan Masalah Psikososial = Body Image Dissatisfaction's Risk Factors and The Impact to Eating Habit and Psychosocial Problems in Adolescents

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## Abstrak

Latar belakang. Penelitian di negara maju menunjukkan masalah ketidakpuasan citra tubuh (body image dissatisfaction/BID) pada remaja menyebabkan berbagai masalah kesehatan, termasuk gangguan makan dan masalah psikososial. Prevalens BID pada remaja di negara berkembang cukup tinggi, yaitu masing-masing 10-75% dan 24-90% pada remaja lelaki dan perempuan, tetapi di Indonesia belum diketahui.

Tujuan. Mengetahui prevalens BID pada remaja di populasi urban, faktor risiko terjadinya BID, hubungan BID dengan kebiasaan makan, dan masalah psikososial pada remaja.

Metode. Penelitian ini adalah penelitian observasional dengan desain potong lintang yang dilakukan di 10 sekolah di Jakarta selama Agustus-November 2020. Penilaian data demografik, status antropometri, nilai BID, umpan balik dari orangtua, teman, follower media digital mengenai citra tubuh, stres psikologis, kebiasaan makan, dan masalah psikososial menggunakan kuesioner yang divalidasi dibagikan melalui tautan elektronik.

Hasil. Jumlah subyek pada penelitian ini ialah 327 remaja dengan prevalens BID sebanyak 47,1%. Faktor risiko untuk terjadinya BID pada remaja adalah umpan balik negatif orangtua ( $p=0,045$ , adjusted OR 1,766, IK 95% 1,012-3,080), status gizi ( $p<0,0001$ , adjusted OR 2,819, IK 95% 1,777-4,471), dan tingkat stres ( $p=0,004$ , adjusted OR 1,404, IK 95% 1,113-1,772). Tidak terbukti adanya hubungan antara BID dengan kebiasaan makan ( $p=0,893$ ) atau masalah psikososial ( $p=0,053$ ) pada remaja. Aspek emosi dalam masalah psikososial terbukti berhubungan dengan BID pada remaja ( $p=0,023$ ).

Kesimpulan. Prevalens BID pada remaja di Jakarta cukup tinggi. Dibutuhkan suatu program intervensi untuk faktor risiko yang dapat dimodifikasi dengan pelajaran di sekolah mengenai citra tubuh positif dan mekanisme coping yang didukung oleh orangtua.

.....Background. Studies in developed countries showed that body image dissatisfaction in adolescents causes some health problems, including eating disorder and psychosocial problem. The prevalence of BID in developing countries were 10-75% and 24-90% in girl and boy teenagers respectively. Meanwhile, it is still unknown for Indonesian adolescents.

Objective. To determine the prevalence of BID problems in adolescents of Indonesian urban population, the risk factors associated with BID, and the health problems potentially caused by BID in teenager, which were unhealthy eating behaviour and psychosocial problems.

Methods. This study was an observational study with cross-sectional design, which involved 10 high-schools in Jakarta, during August to November 2020. The validated and reliable questionnaire on demographic data, anthropometric status, body dissatisfaction scale, feedback from parents, friends, digital media followers on body image, psychological stress, eating behaviour, and psychosocial problems was shared via electronic link.

Result. This research included 327 teenagers, with the prevalence of BID among them was 47.1%. The BID

risk factors in adolescent were negative feedback from parent ( $p=0.045$ , adjusted OR 1.766, CI 95% 1.012-3.080), nutritional status ( $p<0.001$ , adjusted OR 2.819, CI 95% 1.777-4.471), and stress level ( $p=0.004$ , adjusted OR 1.404, CI 95% 1.113-1.772). BID in adolescents has no association to eating habits ( $p=0.893$ ) or psychosocial problems ( $p=0.053$ ). Meanwhile, emotional subscale as one of psychosocial problems has an association with BID in teenagers ( $p=0.023$ ).

Conclusion. The prevalence of BID in adolescents in Jakarta was high. An intervention program is needed for modifiable risk factors, which can be done via lessons at school about positive body image and coping mechanism, supported by parents as well