

# Hubungan Paparan K-Pop, Body Image, dan Faktor Lainnya terhadap Risiko Eating Disorders pada Remaja Putri Penggemar K-Pop di DKI Jakarta tahun 2022 = The Relationship of K-Pop Exposure, Body Image, and Other Factors with the Risk of Eating Disorders on K-Pop Fan Girls in DKI Jakarta 2022

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## Abstrak

Eating disorders merupakan suatu jenis penyakit mental dan fisik yang serius dimana penderitanya mengalami gangguan perilaku makan yang parah dan bisa berakibat fatal, seperti meningkatkan risiko melahirkan bayi BBLR, pendarahan selama kehamilan, hipertensi, aborsi spontan, kelahiran prematur, hingga kematian. Penelitian ini bertujuan untuk mengetahui hubungan paparan K-Pop, body image dan faktor lainnya terhadap risiko eating disorders pada remaja putri penggemar K-Pop di DKI Jakarta Tahun 2022. Penelitian menggunakan metode kuantitatif dengan desain studi cross sectional. Pengambilan data dilakukan secara daring dengan metode quota sampling melalui pengisian kuesioner online oleh responden (n=140). Hasil penelitian menunjukkan 92,1% responden memiliki risiko eating disorders. Hasil uji chi-square menunjukkan adanya hubungan yang signifikan antara paparan K-Pop (p value 0,042), body image (p value 0,027) dan tingkat stres (0,018) terhadap risiko eating disorders. Berdasarkan hasil penelitian ini, penulis menyarankan untuk dilakukan pembuatan media edukasi bagi remaja agar lebih bijak dalam bermedia sosial dan menyaring budaya asing yang diterima, serta meningkatkan kewaspadaan terhadap eating disorders.

.....Eating disorders are serious mental and physical illnesses in which sufferers experience severe eating disorders that can be fatal, such as increasing the risk of giving birth to a low birth weight baby, bleeding during pregnancy, hypertension, spontaneous abortion, premature birth, and even death. This study aims to determine the relationship between exposure to K-Pop, body image, and other factors on the risk of eating disorders in young female K-Pop fans in DKI Jakarta in 2022. The study used quantitative methods with a cross-sectional study design. Data collection was carried out online using the quota sampling method by filling out online questionnaires by respondents (n = 140). The results showed that 92.1% of respondents had a risk of eating disorders. The results of the chi-square test showed that there was a significant relationship between exposure to K-Pop (p-value 0.042), body image (p-value 0.027), and stress level (0.018) on the risk of eating disorders. Based on the results of this study, the authors suggest creating educational media for teenagers to be wiser in using social media and filtering foreign cultures that are accepted as well as increasing awareness about eating disorders.