

# Peran Repetitive Negative Thinking sebagai Mediator antara Eating Expectancy, Thinness Expectancy, dan Binge Eating pada Perempuan Dewasa Muda di Indonesia = The Role of Repetitive Negative Thinking as a Mediator between Eating Expectancy, Thinness Expectancy, and Binge Eating in Female Young Adults in Indonesia

Nathania Kusuma, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920524299&lokasi=lokal>

---

## Abstrak

Binge eating adalah sebuah fitur gangguan makan dengan prevalensi yang paling tinggi secara global dan terasosiasi dengan berbagai dampak negatif bagi kesehatan mental dan fisik. Perilaku ini berfungsi sebagai strategi regulasi diri untuk mengelola afek negatif yang tengah dirasakan. Perempuan dewasa muda merupakan populasi yang rentan untuk melakukan binge eating oleh karena ketidakstabilan dalam berbagai domain kehidupan dan tendensi untuk menginternalisasi emosi. Walau terdapat urgensi untuk mengembangkan penelitian terkait binge eating, masih belum banyak studi mengenai topik ini di Indonesia. Maka dilakukanlah penelitian mengenai binge eating pada populasi perempuan dewasa muda di Indonesia. Diketahui bahwa eating expectancy dan thinness expectancy merupakan faktor yang memprediksi binge eating, namun masih belum ada penelitian yang membahas mengenai proses yang menghubungkan variabel-variabel tersebut. Dihipotesiskan bahwa repetitive negative thinking (RNT) berperan sebagai mediator yang menjembatani hubungan antara kedua jenis expectancy terhadap binge eating. Dari koleksi data melalui kuesioner daring, terkumpul 193 partisipan dewasa muda berusia 18-25 tahun. Data penelitian diolah secara kuantitatif menggunakan analisis Simple Mediation menggunakan PROCESS v4.2 di SPSS. RNT ditemukan sebagai mediator signifikan yang bersifat parsial antara kedua jenis expectancy dan binge eating. ....Binge eating is the most prevalent features of eating disorders and is associated with a range of negative health outcomes. Binge eating serves as a self-regulatory strategy to manage negative affect. Female young adults are categorized as a vulnerable population to develop binge eating due to instability in various life domains and the tendency to internalize emotions. Despite the urgency to further research binge eating, the studies on this topic in Indonesia is limited. Indonesia is known to have the highest level of food consumerism compared to other Southeast Asian countries. Therefore, a study on binge eating in young adult female population in Indonesia was conducted. Eating and thinness expectancy were found to be factors predicting binge eating, however there's not much explanation about the process linking both beliefs towards binge eating. It is hypothesized that repetitive negative thinking (RNT) acts as mediator that bridge the relationship between both expectancies and binge eating. 193 female young adults age 18-25 years were collected through online questionnaire. The research data were processed through Simple Mediation analysis using PROCESS v4.2 in SPSS. RNT was found to be a significant partial moderator that bridges the relation between both expectancies and binge eating.