

Hubungan Strategi Regulasi Emosi dan Pola Asuh Orang Tua dengan Perilaku Binge Eating pada Remaja Usia 15-19 Tahun di DKI Jakarta = The Correlation between Emotion Regulation Strategy and Parenting Style with Binge Eating Behavior in Adolescent Aged 15-19 Years in DKI Jakarta

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Abstrak

Penelitian mengenai binge eating belum banyak dilakukan di Indonesia. Binge eating adalah perilaku makan berlebihan yang merupakan salah satu mental disorder utama pada remaja, khususnya pada remaja yang berusia 15—19 tahun. Penelitian ini bertujuan untuk melihat hubungan strategi regulasi emosi dan pola asuh orang tua dengan perilaku binge eating pada remaja usia 15—19 tahun di DKI Jakarta. Penelitian ini merupakan penelitian kuantitatif jenis observasional analitik dengan desain penelitian cross sectional. Sampel pada penelitian ini berjumlah 388 remaja yang memenuhi kriteria inklusi dan didapatkan melalui teknik probability sampling jenis cluster sampling. Sesuai dengan variabel-variabel yang ada, instrumen yang digunakan adalah kuesioner karakteristik responden, kuesioner Binge Eating Scale (BES), Emotion Regulation Questionnaire (ERQ), dan Parental Authority Questionnaire (PAQ). Hasil penelitian yang dianalisis dengan uji chisquare menunjukkan adanya hubungan yang signifikan antara strategi regulasi emosi dengan perilaku binge eating ($p\text{-value}=0,001; =0,05$) dan antara pola asuh orang tua dengan perilaku binge eating ($p\text{-value}=0,000; =0,05$). Rekomendasi dari penelitian adalah disusun dan dilaksanakannya pprogram untuk remaja terkait cara meregulasi emosi yang adaptif. Selain itu, bagi orang tua perlu diingatkan mengenai pola asuh yang sesuai dengan karakteristik remaja.

.....There has not been much research about binge eating in Indonesia. Binge eating is a behavior of overeating which is one of the main mental disorders in adolescents, especially in adolescents aged 15-19 years. This study aims to look at the relationship between emotion regulation strategies and parenting styles with binge eating behavior in adolescents aged 15-19 years in DKI Jakarta. This research is a quantitative observational analytic type study with a cross sectional research design. The sample in this study was 388 adolescents who met the inclusion criteria and were obtained through a probability sampling technique with cluster sampling. According to the existing variables, the instruments used were the respondent characteristics questionnaire, the Binge Eating Scale (BES) questionnaire, the Emotion Regulation Questionnaire (ERQ), and the Parental Authority Questionnaire (PAQ). The results analyzed using the chi-square test showed that there was a significant relationship between emotion regulation strategies and binge eating behavior ($p\text{-value}=0.001; =0.05$) and between parenting styles and binge eating behavior ($p\text{-value}=0.000; =0.05$). The recommendation from the research is to develop and implement programs for adolescents related to how to regulate emotions in an adaptive way. In addition, parents need to be reminded about parenting styles that are in accordance with the characteristics of adolescents.