

Faktor-faktor yang Berhubungan dengan Perilaku Fad Diets pada Siswa-Siswi SMAS Bunda Mulia Jakarta Tahun 2019 = Factors Associated with Fad Diets on Students at Bunda Mulia Senior High School in 2019

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Abstrak

Perilaku fad diets (FD) berdampak pada berbagai risiko kesehatan, seperti gangguan metabolisme, meningkatnya risiko anemia, meningkatnya risiko paparan infeksi, dan mempengaruhi kinerja kognitif. Lebih lanjut, dapat menurunkan performa dan prestasi belajar di sekolah dan mempengaruhi gangguan perilaku makan sehingga meningkatkan risiko perilaku makan menyimpang. Beberapa penelitian terdahulu di Indonesia menunjukkan angka remaja putri di Indonesia yang berisiko terlibat dalam perilaku FD termasuk tinggi, namun jumlah penelitian yang mengkaji faktor-faktor yang berkaitan dengan perilaku tersebut masih jarang. Tujuan utama dari penelitian ini adalah mengetahui faktor-faktor yang berhubungan terhadap perilaku FD pada siswa-siswi SMAS Bunda Mulia Jakarta tahun 2019. Desain penelitian yang digunakan adalah cross sectional melibatkan sebanyak 212 siswa-siswi kelas X dan XI SMA. Data diambil dengan melakukan proses pengukuran tinggi badan dan berat badan serta pengisian kuesioner online. Data diolah secara univariat dan bivariat (chi square). Prevalensi perilaku FD sebesar 43,9%. Faktor yang berhubungan dengan perilaku FD adalah jenis kelamin, status gizi, distorsi citra tubuh, dorongan keluarga, dorongan teman, dan pengaruh media sosial. Siswa perempuan, yang berstatus gizi gemuk, dan mengalami distorsi citra tubuh berisiko masing-masing 1,9 kali; 4,8 kali; dan 2,5 kali lebih besar untuk melakukan perilaku FD. Siswa yang mendapat dorongan dari keluarga, dorongan teman, dan pengaruh media sosial berisiko masing-masing 2,6 kali; 2,2 kali; dan 3,2 kali untuk menerapkan FD. Perlu dilakukan upaya edukasi perilaku makan yang tepat dan sehat untuk siswa serta promosi PGS di sekolah dan media sosial.

.....Fad diets lead to various health risks, such as the increased risk of metabolic disorders, increased risk of anemia, increased risk of exposure to infection, and affect cognitive performance which in turn can reduce performance and learning achievement in school. The further impact that can also arise from FD is that it can aggravate eating disorders which increases the risk of eating disorder. Data regarding eating behavior on a national basis in Indonesia is still not available. Several studies conducted in several regions in Indonesia show the high number of young women in Indonesia who are involved and who are at risk of being involved in FD behavior, however, the number of studies that examine the factors associated with these behaviors is still limited. The main objective of this study was to find out the factors related to FD on students at Bunda Mulia Jakarta Senior High School in 2019. The research design used was cross sectional. The number of respondents involved was 212 students of grade X and XI in high school. The data was taken by measuring body height and weight as well as filling in the online questionnaire. The collected data will be processed in univariate and bivariate (chi square). FD prevalence in Bunda Mulia Jakarta Senior High School in 2019 is 43.9%. Factors related to FD behavior are gender, nutritional status, body image distortion, family's encouragement, friend's encouragement, and social media influence. Female students, who are overweight or obese, with body image distortion are 1.9 times; 4.8 times; and 2.5 times more likely to carry out FD behavior. Students who are encouraged by families, friends, and social media are 2.6 times; 2.2 times; and

3.2 times at risk to FD. Efforts to educate appropriate and healthy eating behaviors as well as promotion of PGS in schools and through social media are needed.