

ABSTRAK

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HUBUNGAN BINGE EATING DISORDER DENGAN *BODY IMAGE* PADA REMAJA SEKOLAH MENENGAH ATAS DI KECAMATAN KELAPA DUA (xvi + 75 halaman; 3 gambar; 16 tabel; 7 lampiran)

Latar belakang: Setiap manusia memiliki persepsi masing-masing mengenai tubuh yang dimilikinya. Persepsi ini disebut dengan *body image*. Dalam perkembangannya, *body image* mungkin saja mengalami penyimpangan, dimana hal ini merupakan komponen utama dalam banyak penyakit serius, termasuk pada gangguan makan. Gangguan makan menjadi salah satu isu yang dapat memengaruhi kejadian cedera, penyakit, dan kematian pada masa remaja. Diperkirakan sebesar 4,2% anak dan remaja mengalami gangguan makan berupa *binge eating disorder*. Di Indonesia sendiri, statistik mengenai kejadian gangguan makan terutama *binge eating disorder* masih sulit ditemukan secara pasti. Pada penelitian-penelitian sebelumnya ditemukan hasil yang berbeda-beda terkait hubungan antara BED dengan *body image*.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui hubungan antara binge eating disorder dengan *body image* pada remaja di Kecamatan Kelapa Dua.

Metodologi: Penelitian menggunakan metode analitik komparatif kategorik tidak berpasangan dengan desain penelitian *cross-sectional*. Penelitian dilakukan secara daring pada bulan Februari 2023 hingga April 2023. Penelitian menggunakan kuesioner *Perceived Stress Scale* (PSS), *Body Shape Questionnaire-34* (BSQ-34) dan *Binge Eating Scale* (BES). Responden penelitian merupakan siswa/i SMAN 23 Kabupaten Tangerang, SMAS UPH College, SMAK BPK Penabur Gading Serpong, SMA Taranita Gading Serpong kelas 10, 11, 12. Setelah data terkumpul, data dianalisis dengan uji *chi-square* dengan SPSS 29.

Hasil: Dari 297 responden, 31% memberikan perhatian terhadap *body image* dan 69% lainnya tidak memerhatikan *body image*. Kejadian BED yang didapatkan dalam penelitian ini sebesar 13,1% dari keseluruhan responden. Setelah dilakukan uji *chi-square*, didapatkan nilai p sebesar $<0,001$ dengan *odds ratio* 7,716.

Kesimpulan: Terdapat hubungan yang signifikan antara *body image* dengan *binge eating disorder*. Selain itu, terdapat kejadian BED yang tidak terdeteksi pada remaja SMA di Kecamatan Kelapa Dua.

Kata Kunci: *body image*, *binge eating disorder*, remaja

ABSTRACT

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RELATIONSHIP BINGE EATING DISORDER AND BODY IMAGE IN HIGH SCHOOL AT KELAPA DUA DISTRICT ADOLESCENTS

(xvi + 75 pages ; 3 figures; 16 tables; 7 attachments)

Background: Every human being has their own perception about their own body. This perception is called body image. In its development, body image may experience distortion which is a major component in many serious diseases, including eating disorders. Eating disorders are also one of issues that affect the incidence of injury, illness, and death in adolescence. It is estimated that 4,2% of children and adolescents experience binge eating disorders. In Indonesia, the statistic regarding prevalence of either eating disorders or binge eating disorder are still difficult to find with certainty. In previous studies, different results were found regarding the correlation between binge eating disorder and body image.

Purpose: The aim of this study is to determine the relationship between binge eating scale interpretation and body image in high school at Kelapa Dua district adolescents.

Methodology: This study used unpaired categorical comparative analytic methods by means of a cross-sectional study design. The research was conducted online by January 2023 to March 2023. Researcher used Perceived Stress Scale (PSS), Body Shape Questionnaire-34 (BSQ-34) and Binge Eating Scale (BES). All of the respondents are the students of SMAN 23 Kabupaten Tangerang, SMAS UPH College, SMAK BPK Penabur Gading Serpong, SMA Tarakanita Gading Serpong. After collecting the responses, the data was analyzed using the chi-square test with SPSS 29.

Results: Of the 297 respondents, 31% pay attention to their body image, 69% don't. The incidence of BED obtained in this study was 13,1% of all respondents. After conducting chi-square test, p value of $<0,001$ appears with an odds ratio of 7,716.

Conclusions: There is a significant correlation between body image and binge eating disorder. In addition, some incidents of BED were not detected among high school adolescents in Kelapa Dua.

Keywords: body image, binge eating disorder, adolescence