

DAFTAR PUSTAKA

- Adiningrum, R. 2008. Karakteristik Kegemukan pada Anak Sekolah dan Remaja di Medan dan Jakarta Selatan. Institut Pertanian Bogor.
- Al-Ayash, A. *et al.* 2016. The influence of color on student emotion, heart rate, and performance in learning environments. *Color Research and Application*, 41(2), pp. 196–205. Available at: <https://doi.org/10.1002/col.21949>.
- Almatsier. 2009. *Prinsip Dasar Ilmu Gizi*. Jakarta: PT Gramedia Pustaka.
- Almatsier. 2011. *Prinsip Dasar Ilmu Gizi*. Jakarta: PT Gramedia Utama.
- Andriani, M. and Wirjatmadi, B. 2012. *Peranan Gizi Dalam Siklus Kehidupan*. 1st edn. Jakarta: Kencana Media Group.
- Anggraini, D. 2014. Hubungan Depresi dengan Status Gizi. *Medula UNILA*, 2(2).
- Ardrini, D.A.M., Lubis, D. and Utami, N.W.A. 2020. “I want what they’re eating”: College students’ experiences in watching food content on YouTube’, *Public Health and Preventive Medicine Archive*, 8(1), p. 11. Available at: <https://doi.org/10.15562/phpma.v8i1.249>.
- Arifin, H., Fuady, I. and Kuswarno, E. 2017. Analisis Faktor yang Mempengaruhi Persepsi Mahasiswa UNTIRTA Terhadap keberadaan PERDA Syariah di Kota Serang. *Jurnal Penelitian Komunikasi dan Opini Publik*, 21(1).
- Babenskaite, G. and Yang, M. 2019. *Mukbang Influencers: Online eating becomes a new marketing strategies*. Uppsala University.
- Badan Penelitian dan pengembangan Kesehatan. 2013. *Riset Kesehatan Dasar (Riskesdas) 2013*, Badan Litbang Kesehatan, Jakarta.
- Badan Penelitian dan pengembangan Kesehatan. 2018. *Riset Kesehatan Dasar (Riskesdas) 2018*, Badan Litbang Kesehatan, Jakarta.
- Bruno, A.L. and Chung, S. 2017. Mëkpang: pay me and I’ll show you how much I can eat for your pleasure. *Journal of Japanese and Korean Cinema*, 9(2), pp. 155–171. Available at: <https://doi.org/10.1080/17564905.2017.1368150>.
- del Campo, M.A. and Kehle, T.J. 2016. Autonomous sensory meridian response (ASMR) and frisson: Mindfully induced sensory phenomena that promote happiness. *International Journal of School and Educational Psychology*,

- 4(2), pp. 99–105. Available at: <https://doi.org/10.1080/21683603.2016.1130582>.
- Cha, F. 2014. *South Korea's Online Trend: Paying To Watch A Pretty Girl Eat*, CNN. Available at: <http://edition.cnn.com/2014/01/29/world/asia/korea-eating-room/index.html> (Accessed: 28 June 2023).
- Chaney, L. and Martin, J. 2014. *Intercultural Business Communication, 6th edition*.
- Choe, H. 2019. Eating together multimodally: Collaborative eating in mukbang, a Korean livestream of eating. *Language in Society*, 48(2), pp. 171–208. Available at: <https://doi.org/10.1017/S0047404518001355>.
- Cresswell, J. 2016. *Research Design : Pendekatan Metode Kualitatif, Kuantitatif dan Campuran*. 4th edn. Yogyakarta: Pustaka Belajar.
- Damayanti, A. 2016. Hubungan Citra Tubuh, Aktivitas Fisik, dan Pengetahuan Gizi Seimbang Dengan Status Gizi Remaja Putri. Thesis Universitas Airlangga.
- Deliens, T. et al. 2014. Determinants of eating behaviour in university students: a qualitative study using focus group discussions. *BMC Public Health* 14, 53. Available at: <http://www.biomedcentral.com/1471-2458/14/53>.
- Deson Chon, B. 2010. *Special Edition Korean Cuisine and Food Culture Korean Cuisine and Food Culture The Korean Cuisine Boom*. Available at: http://kiifc.kikkoman.co.jp/foodculture/pdf_04/e_002_006.pdf (Accessed: 31 May 2023).
- Donnar, G. 2017. “Food porn” or intimate sociality: committed celebrity and cultural performances of overeating in meokbang. *Celebrity Studies*, 8(1), pp. 122–127. Available at: <https://doi.org/10.1080/19392397.2016.1272857>.
- Februhartanty, J. et al. 2019. Food purchasing behaviour among urban slum women in East Jakarta: a qualitative study, *Mal J Nutr* 25 (Supplement): 33-46.
- Gillespie, S., Hanchey, J.N. and Advisor, T. 2019. Watching Women Eat: A Critique of Magical Eating and Mukbang Videos. *Master’s Thesis*. University of Nevada; Reno, NV, USA.
- Hakimey, H. and Yazdanifard, R. 2015. The Review of Mokbang (Broadcast Eating) Phenomena and Its Relations with South Korean Culture and Society. *International Journal of Management, Accounting and Economics*, 2(5), pp. 444–456. Available at: www.ijmae.com.
- Harris, C. v. et al. 2008. BMI-based body size guides for women and men: Development and validation of a novel pictorial method to assess weight-related concepts. *International Journal of Obesity*, 32(2), pp. 336–342. Available at: <https://doi.org/10.1038/sj.ijo.0803704>.

- Hertz. 2010. *The Bandwidth Capital of the World*. Available at: http://hdr.undp.org/en/media/HDR_2009_EN_Complete.pdf.
- Heryana, A. 2018. Informan dan Pemilihan Informan dalam Penelitian Kualitatif. Universitas Esa Unggul. Available at: <https://www.researchgate.net/publication/329351816>.
- Holmberg, C. et al. 2016. Adolescents' presentation of food in social media: An explorative study. *Appetite*, 99, pp. 121–129. Available at: <https://doi.org/10.1016/j.appet.2016.01.009>.
- Hong, S.-K. and Park, S. 2021. *Internet Mukbang (Foodcasting) in South Korea*. Gothenburg: Nordicom.
- Hsu, M.H. et al. 2015. Determinants of continued use of social media: the perspectives of uses and gratifications theory and perceived interactivity. *Information Research*, 20(2).
- Indonesia Internet Service Provider Association. 2022. *Penetration and behavior of Indonesian internet users*, Indonesia Internet Service Provider Association.
- Irmayanti. 2015. Hubungan Pengetahuan Gizi, Body Image dan Perilaku Makan dengan Status Gizi Siswi SMAN 5 Kota Jambi Tahun 2015. *Scientica Journal*, 3(4).
- Istiany, Ari and Rusilanti. 2013. *Gizi Terapan*. Bandung: PT Remaja Rosdakarya.
- Katz, E., Haas, H. and Gurevitch, M. 1973. On The Use Of The Mass Media For Important Things, Source. *American Sociological Review*.
- Kemenkes RI. 2019. Peraturan menteri kesehatan republik Indonesia Nomor 28 tahun 2019 tentang Angka Kecukupan Gizi yang Dianjurkan untuk Masyarakat Indonesia, Jakarta.
- Kemenkes RI. 2020. Peraturan menteri kesehatan republik Indonesia Nomor 2 tahun 2020 tentang Standar Antropometri Anak, Jakarta.
- Kim, B.K. and Kim, K.O. 2020. Relationship between viewing motivation, presence, viewing satisfaction, and attitude toward tourism destinations based on TV travel reality variety programs. *Sustainability (Switzerland)*, 12(11). Available at: <https://doi.org/10.3390/su12114614>.
- Kircaburan, K. et al. 2020. The association of addictive mukbang watching with mukbang watching motives, emotion regulation, impulsivity, and psychiatric distress. *Journal of Concurrent Disorders*, 2(2). Available at: <https://doi.org/10.54127/xqlf8386>.

- Kwon, H. 2019. A Study on the Effect of View Motives on the View Satisfaction and Behavior Intentions of One-person Media Food Contents: Focused on “Mokbang” and “Cookbang”.”. *Culinary Science & Hospitality Research*, 25(6), pp. 102–112.
- Lee, S., Brett, J. and Park, J.H. 2012. East Asians’ Social Heterogeneity: Differences in Norms among Chinese, Japanese, and Korean Negotiators. *Negotiation Journal*, 28(4), pp. 429–452. Available at: <https://doi.org/10.1111/j.1571-9979.2012.00350.x>.
- Listyana, R. and Hartono, Y. 2015. Persepsi dan Sikap Masyarakat terhadap Penanggalan Jawa Dalam Penentuan Waktu Pernikahan (Studi Kasus Desa Jonggrang Kecamatan Barat Kabupaten Magetan Tahun 2013. *Jurnal Agastasya*, 5(1), pp. 118–138.
- Madrigal-Fritsch, H. et al. 1999. *Percepción de la imagen corporal como aproximación cualitativa al estado de nutrición**.
- Marchiori, D. and Papies, E.K. 2014. A brief mindfulness intervention reduces unhealthy eating when hungry, but not the portion size effect. *Appetite*, 75, pp. 40–45. Available at: <https://doi.org/10.1016/j.appet.2013.12.009>.
- Margawati, A. et al. 2020. Hubungan menonton video mukbang autonomous sensory meridian response, keinginan makan dan uang saku dengan asupan makan dan status gizi mahasiswa. *Jurnal Gizi Indonesia (The Indonesian Journal of Nutrition)*. Available at: <https://ejournal.undip.ac.id/index.php/jgi/>.
- Masdar, H. et al. 2016. Depresi, ansietas, dan stres serta hubungannya dengan obesitas pada remaja Relationship of depression, anxiety and stress with obesity in adolescent. *Jurnal Gizi Klinik Indonesia*. Available at: <https://jurnal.ugm.ac.id/jgki>.
- National Internet Development Agency of Kore 2007. *Internet Use and Its Social Impacts in Korea*. Available at: <https://www.oecd.org/digital/ieconomy/38702002.pdf> (Accessed: 10 February 2023).
- Notoatmojo, S. 2010. *Metode Penelitian Kesehatan*. Jakarta: Rineka Cipta.
- Nugraheni, F. and Hum, M. 2014. *Metode Penelitian Kualitatif dalam Penelitian Pendidikan Bahasa*. Surakarta.
- Papies, E.K. 2013. Tempting food words activate eating simulations. *Frontiers in Psychology*, 4(NOV). Available at: <https://doi.org/10.3389/fpsyg.2013.00838>.

- Pereira, B., Sung, B. and Lee, S. 2019. I like watching other people eat: A cross-cultural analysis of the antecedents of attitudes towards Mukbang. *Australasian Marketing Journal*, 27(2), pp. 78–90. Available at: <https://doi.org/10.1016/j.ausmj.2019.03.001>.
- Poerio, G.L. et al. 2018. More than a feeling: Autonomous sensory meridian response (asmr) is characterized by reliable changes in affect and physiology. *PLoS ONE*, 13(6). Available at: <https://doi.org/10.1371/journal.pone.0196645>.
- Punyanunt-Carter, N.M., De La Cruz, J.J. and Wrench, J.S. 2017. Investigating the relationships among college students' satisfaction, addiction, needs, communication apprehension, motives, and uses & gratifications with Snapchat. *Computers in Human Behavior*, 75, pp. 870–875. Available at: <https://doi.org/10.1016/j.chb.2017.06.034>.
- Restuastuti, T., Jihadi, M. and Ernalia, Y. 2016. Hubungan Pola Makan dan Aktivitas Fisik Terhadap Obesitas Pada Remaja di SMA Negeri 5 Pekanbaru. *Jom FK*, 3(1), pp. 1–20.
- Rovnick, N. 2013. *Why South Korea is under stress and college graduates there earn less than if they didn't have a degree*. Available at: <https://qz.com/74818/south-korea-a-land-of-misery-and-financial-stress-where-college-graduates-earn-less-than-if-they-had-not-bothered-going> (Accessed: 10 February 2023).
- Rubin, K.H. et al. 2004. Attachment, friendship, and psychosocial functioning in early adolescence. *Journal of Early Adolescence*, 24(4), pp. 326–356. Available at: <https://doi.org/10.1177/0272431604268530>.
- Sindermann, C. et al. 2018. Associations between the dark triad of personality and unspecified/specific forms of Internet-use disorder. *Journal of Behavioral Addictions*, 7(4), pp. 985–992. Available at: <https://doi.org/10.1556/2006.7.2018.114>.
- Sofa Amalia, D. et al. 2021. Hubungan Kebiasaan Menonton Mukbang, Pengetahuan Gizi, dan Tingkat Stres dengan Perubahan Perilaku Makan Negatif Pada Penggemar Mukbang di Media Sosial Instagram. *Journal of Nutrition College*, 10(2), pp. 105–111. Available at: <http://bit.ly/kuesionerpenelitiandea>.
- Song, H.G. 2021. *A Study on Mukbang User's Consuming Behavior*. Las Vegas. Available at: <https://digitalscholarship.unlv.edu/thesesdissertations/4205>.
- Spence, C., Mancini, M. and Huisman, G. 2019. Digital Commensality: Eating and Drinking in the Company of Technology. *Frontiers in Psychology*. Frontiers Media S.A. Available at: <https://doi.org/10.3389/fpsyg.2019.02252>.

- Strand, M. and Gustafsson, S.A. 2020. Mukbang and Disordered Eating: A Netnographic Analysis of Online Eating Broadcasts. *Culture, Medicine and Psychiatry*, 44(4), pp. 586–609. Available at: <https://doi.org/10.1007/s11013-020-09674-6>.
- Styawan, Z. and Sangga Buwana, D. 2023. Watching Attitude Factors in Conveyance of Mukbang Shows. *Journal of Humanities, Social Science and Bussiness (JHSSB)*, 2(2). Available at: <https://ojs.transpublika.com/index.php/JHSSB/>.
- Sugiarto, E. 2015. *Menyusun Proposal Penelitian Kualitatif: Skripsi dan Thesis*. Yogyakarta: Suaka Media. Available at: <https://books.google.co.id/books?id=jWjvDQAAQBAJ&printsec=frontcover&hl=id#v=onepage&q&f=false>.
- Sugiyono. 2021. *Metode Penelitian Kuantitatif Kualitatif dan R&D*. 2nd edn. Edited by Sutopo. Bandung: Alfabeta bandung.
- Sulistyoningsih. 2011. *Gizi Untuk Kesehatan Ibu dan Anak*. Yogyakarta: Graha Ilmu.
- Supariasa. 2001. *Penilaian Status Gizi*. Jakarta: EGC.
- Supariasa and Hardinsyah. 2016. *Ilmu Gizi: Teori dan Aplikasi*. Jakarta: EGC.
- Susetyowati. 2016. *Ilmu Gizi Teori dan Aplikasi*. Jakarta: EGC.
- Susetyowati. 2017. *Gizi Daur Dalam Kehidupan*. Jakarta: EGC.
- Thania, E. and Humayrah, W. 2023. Hubungan Kebiasaan Menonton Mukbang antara Nafsu Makan, Pola Makan dan Status Gizi Mahasiswa di Jakarta. *Pro Health Jurnal Ilmiah Kesehatan*, 5(1), pp. 324–331.
- Thompson, M. and Gray, J. 1995. Development and validation of a new body-image assessment scale. *J Pers Assess [Internet]*, 64(2).
- van Tonder, E. and Dihawa, N. 2021. BMI-based figure rating scale (FRS) as an adjunctive aid in nutritional screening and assessment in a resource-limited setting. *South African Journal of Clinical Nutrition*, 34(2), pp. 52–59. Available at: <https://doi.org/10.1080/16070658.2019.1679943>.
- Vaterlaus, J.M. et al. 2015. Getting Healthy: The Perceived Influence of Social Media on Young Adult Health Behaviors. *Computers in Human Behavior*, 45, pp. 151–157. Available at: <https://doi.org/10.1016/j.chb.2014.12.013>.
- WHO. 2005. *Adolescent Health*. Available at: <https://www.who.int/health-topics/adolescent-health> (Accessed: 10 February 2023).

- WHO. 2012. *Malnutrition*. Available at: https://www.who.int/health-topics/malnutrition#tab=tab_1.
- WHO. 2018. *Obesity and Overweight*. Available at: <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight> (Accessed: 10 February 2023).
- WHO. 2020. *Healthy Diet*. Available at: <https://www.who.int/news-room/fact-sheets/detail/healthy-diet> (Accessed: 7 February 2023).
- Woo, S. 2018. *Mukbang is Changing Digital Communications*. Available at: <https://www.anthropology-news.org/articles/mukbang-is-changing-digital-communications/> (Accessed: 10 February 2023).
- Woo, S. and Hunny. 2013. Home alone : Shifting social trends see record number of single households. Available at: <https://www.koreaherald.com/view.php?ud=20131122000768> (Accessed: 10 February 2023).
- Yeon, K. 2022. Health threats of new social media trends: the effects of frequent mukbang watching on overweight and obesity. *Applied Economics Letters*, pp. 1–4. Available at: <https://doi.org/10.1080/13504851.2022.2083063>.
- Yun, S., Kang, H. and Lee, H. 2020. Mukbang and cookbang watching status and dietary life of university students who are not food and nutrition majors. *Nutrition Research and Practice*, 14(3), pp. 276–285. Available at: <https://doi.org/10.4162/nrp.2020.14.3.276>.