

HUBUNGAN *EATING DISORDER*, TINGKAT STRESS, DAN KONDISI SOSIAL EKONOMI TERHADAP KEJADIAN MALNUTRISI PADA REMAJA SMA DI KOTA BEKASI

Satriyo Wildan Ramanto

Abstrak

Remaja menurut WHO adalah penduduk dalam rentang usia 10 – 19 tahun. Provinsi Jawa Barat merupakan salah satu provinsi yang angka prevalensi malnutrisi yang melampaui prevalensi nasional. Tercatat pada data kesehatan provinsi Jawa Barat terdapat sebesar 15,4% remaja di provinsi Jawa Barat mengalami gizi lebih (IMT/U) serta 12,7 & mengalami gizi kurang (IMT/U). kejadian malnutrisi dapat dipengaruhi oleh faktor internal dan eksternal seperti kondisi *eating disorder*, tingkat stress, dan kondisi sosial ekonomi. Tujuan dari penelitian ini untuk menganalisis hubungan antara *eating disorder*, tingkat stress, dan kondisi sosial ekonomi pada kejadian malnutrisi remaja SMA Kota Bekasi. Populasi penelitian adalah 2156 remaja (putra/i) usia 15-17 tahun. Teknik sampling yang digunakan adalah *purposive sampling*. Sampel penelitian 165 responden. Instrument yang digunakan adalah kuesioner karakteristik dan observasi responden, kuesioner EAT-26, kuesioner DASS, kuesioner sosial ekonomi yang meliputi uang saku, pendidikan terakhir orang tua, serta pendapatan orang tua. Analisis data menggunakan *chi square*. Hasil analisis menunjukkan tidak ada hubungan antara variabel status gizi dengan variable independen kecuali pendapatan orang tua. Nilai hubungan tiap variable berturut – turut dengan malnutrisi (*eating disorder* P-Value = 0,481; tingkat stress P-Value = 0,655; uang saku P-Value = 0,337; pendidikan terakhir orang tua P-Value = 0,916; pendapatan orang tua P-Value = 0,029).

Kata Kunci : *Eating Disorder*, Remaja, Tingkat Stress, Malnutrisi, Jawa Barat

THE RELATIONSHIP BETWEEN EATING DISORDERS, STRESS LEVELS, AND SOCIOECONOMIC CONDITIONS ON THE INCIDENCE OF MALNUTRITION AMONG HIGH SCHOOL ADOLESCENTS IN BEKASI CITY

Satriyo Wildan Ramanto

Abstract

Adolescents according to WHO are the population in the age range of 10 - 19 years. West Java Province is one of the provinces where the prevalence of malnutrition exceeds the national prevalence. Recorded in West Java provincial health data, 15.4% of adolescents in West Java province were overnourished (IMT / U) and 12.7% & were undernourished (IMT / U). the incidence of malnutrition can be influenced by internal and external factors such as eating disorder conditions, stress levels, and socioeconomic conditions. The purpose of this study was to analyze the relationship between eating disorders, stress levels, and socioeconomic conditions on the incidence of malnutrition among high school adolescents in Bekasi City. The study population was 2156 adolescents (boys) aged 15-17 years. The sampling technique used was purposive sampling. The research sample was 165 respondents. The instruments used were respondent characteristics and observation questionnaires, EAT-26 questionnaires, DASS questionnaires, socioeconomic questionnaires including pocket money, parents' latest education, and parents' income. Data analysis using chi square. The results of the analysis showed no relationship between nutritional status variables and independent variables except parental income. The relationship value of each variable respectively with malnutrition (eating disorder P-Value = 0.481; stress level P-Value = 0.655; pocket money P-Value = 0.337; parents' last education P-Value = 0.916; parents' income P-Value = 0.029).

Keyword : Eating Disorder, Adolescent, Stress Level, Malnutrition, West Java