

HUBUNGAN FAKTOR PSIKOSOSIAL, STATUS GIZI, JENIS KELAMIN, DAN PENGETAHUAN GIZI DENGAN RISIKO GANGGUAN MAKAN SISWA SMAN 12 KOTA TANGERANG

Muhammad Abhista Hakim

Abstrak

Sebagai salah satu persoalan kesehatan yang banyak dijumpai pada kelompok usia remaja, gangguan makan tidak berdiri sendiri kemunculannya terkait erat dengan interaksi antara faktor psikososial dan karakteristik masing-masing individu. Setidaknya enam aspek teridentifikasi turut berperan dalam kondisi ini: persepsi terhadap citra tubuh, kecenderungan celebrity worship, tekanan dari lingkungan sebaya, status gizi, jenis kelamin, serta tingkat pengetahuan gizi yang dimiliki. Bertolak dari keterkaitan tersebut, penelitian ini dirancang untuk mengungkap sejauh mana faktor-faktor itu berhubungan dengan risiko gangguan makan pada siswa SMAN 12 Kota Tangerang. Untuk menjawab tujuan tersebut, digunakan pendekatan kuantitatif bersifat observasional analitik dengan rancangan *cross-sectional*. Sebanyak 720 siswa kelas X dan XI menjadi populasi acuan, dari mana 153 responden kemudian dipilih melalui teknik *proportionate stratified random sampling*. Lima instrumen digunakan untuk menjaring data: *Body Shape Questionnaire (BSQ)* guna mengukur citra tubuh, *Celebrity Attitude Scale (CAS)* untuk *celebrity worship*, *Peer Pressure Scale for Adolescents (PPSA)* untuk tekanan sebaya, *Eating Attitudes Test-26 (EAT-26)* untuk kecenderungan gangguan makan, serta kuesioner pengetahuan gizi seimbang; status gizi sendiri ditentukan melalui pengukuran antropometri berbasis IMT/U. Uji *Chi-Square* kemudian diterapkan untuk menganalisis seluruh data yang terkumpul. Dari sisi deskriptif, mayoritas responden tercatat memiliki persepsi citra tubuh yang negatif (79,1%) disertai tingkat *celebrity worship* yang tinggi (54,9%). Kondisi berbeda tampak pada aspek lain, di mana peer pressure justru berada pada level rendah (69,3%), status gizi mayoritas tergolong normal (73,9%), dan pengetahuan gizi sebagian besar responden tergolong baik (64,1%) meski demikian, proporsi responden yang berisiko mengalami gangguan makan tetap tergolong tinggi, yakni 68,6%. Secara statistik, tiga variabel terbukti berhubungan bermakna dengan risiko gangguan makan: persepsi citra tubuh ($p < 0,001$), *peer pressure* ($p < 0,001$), dan jenis kelamin ($p = 0,026$); sementara itu, *celebrity worship*, status gizi, dan pengetahuan gizi tidak menunjukkan hubungan yang signifikan.

Kata Kunci : Citra Tubuh; Gangguan Makan; Jenis Kelamin; Tekanan Teman Sebaya; Pengetahuan Gizi

THE RELATIONSHIP OF PSYCHOSOCIAL FACTORS, NUTRITIONAL STATUS, GENDER, AND NUTRITIONAL KNOWLEDGE WITH THE RISK OF EATING DISORDERS AMONG STUDENTS AT SMAN 12 TANGERANG CITY

Muhammad Abhista Hakim

Abstract

Far from being an isolated condition, eating disorders among adolescents emerge from the interplay of psychosocial factors and individual characteristics. At least six such factors have been identified: body image perception, celebrity worship, peer pressure, nutritional status, sex, and nutritional knowledge. Building on this premise, the present study set out to determine the extent to which these variables relate to eating disorder risk among students at SMAN 12 Kota Tangerang. To achieve this aim, an analytical observational design with a cross-sectional approach was adopted. Out of a population of 720 tenth- and eleventh-grade students, 153 respondents were selected through proportionate stratified random sampling. Five instruments were employed to gather the data: the Body Shape Questionnaire (BSQ) for body image, the Celebrity Attitude Scale (CAS) for celebrity worship, the Peer Pressure Scale for Adolescents (PPSA) for peer pressure, the Eating Attitudes Test-26 (EAT-26) for eating disorder tendencies, and a balanced nutrition knowledge questionnaire; nutritional status, meanwhile, was assessed through anthropometric measurement based on BMI-for-age. All collected data were subsequently examined using the Chi-square test. Descriptively, most respondents reported negative body image (79.1%) alongside high levels of celebrity worship (54.9%). A different pattern emerged elsewhere: peer pressure was predominantly low (69.3%), nutritional status largely normal (73.9%), and nutritional knowledge mostly good (64.1%) yet despite this, 68.6% of respondents were still classified as being at risk of eating disorders. Statistically, three variables showed a significant association with this risk: body image perception ($p < 0.001$), peer pressure ($p < 0.001$), and sex ($p = 0.026$), whereas celebrity worship, nutritional status, and nutritional knowledge did not. Taken together, these results point to the value of cultivating positive body image and curbing peer pressure as central strategies for lowering eating disorder risk among adolescents.

Keyword : Body Image; Eating Disorders; Gender; Peer Pressure; Nutritional Knowledge