

DAFTAR PUSTAKA

- Abdul Wahab. (2021). Sampling dalam Penelitian Kesehatan. *Jurnal Pendidikan Dan Teknologi Kesehatan*, 4(1), 38–45. <https://doi.org/10.56467/jptk.v4i1.23>
- Agustian, D., Karmitasari and Humaira, N. (2024) ‘Hubungan body image dan IMT dengan gangguan makan pada siswa/i kelas XI MIPA di SMA Negeri 1 Palangka Raya’, *Jurnal Surya Medika*, 10(3), pp. 36–42.
- Alhuwaydi, A.M., Alsubaie, A.S. and Alharbi, A.A. (2024) ‘Psychometric properties of the Body Shape Questionnaire-8C among adolescents’, *Journal of Eating Disorders*, 12(1), pp. 1–10. <https://doi.org/10.3390/nu16183082>
- Al-Sheyab, N.A., Gharaibeh, T. and Kheirallah, K. (2018) ‘Relationship between peer pressure and risk of eating disorders among adolescents in Jordan’, *Journal of Obesity*, 2018, Article ID 7309878.
- American Psychiatric Association (2022) *Diagnostic and Statistical Manual of Mental Disorders* (5th ed., text rev.). Washington, DC: APA Publishing.
- Arfah, M., Devy, S.R., Qomaruddin, M.B., Amir, E.R., Zari, A.P. and Rahmani, A. (2024) ‘The relationship between eating disorders and nutritional status in adolescents’, *Hearty*, 12(2), pp. 275–280. <https://doi.org/10.32832/hearty.v12i2.16139>
- Azizah, N. and Kristiutami, Y.P. (2020) ‘Hubungan celebrity worship dengan citra tubuh pada remaja’, *Jurnal Psikologi Sosial*, 18(2), pp. 112–121. <https://doi.org/10.30604/jika.v5i1.254>
- Barakat, S., McLean, S.A., Bryant, E. *et al.* (2023) ‘Risk factors for eating disorders: Findings from a rapid review’, *Journal of Eating Disorders*, 11, Article 8.
- Bianchi, D., Schinelli, A., Fatta, L. M., Lonigro, A., Lucidi, F., & Laghi, F. (2023). Body image impact on quality of life and adolescents’ binge eating: The indirect role of body image coping strategies. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 28(1), 75. <https://doi.org/10.1007/s40519-023-01607-7>
- Bianchi, V., Mancone, M. and Donnici, E. (2023) ‘Extreme dieting behaviors and psychological consequences among adolescents’, *Nutrients*, 15(3), 612.
- Bianchi, V., Moretti, F., Caffo, E. and Veronese, A. (2023) ‘Extreme dieting behaviours and risk of eating disorders in adolescents: a narrative review’, *Nutrients*, 15(4), pp. 1–15.

- Bodega, P., Santini, F. and Dalle Grave, R. (2023) 'Extreme dietary restriction and health outcomes in adolescents', *Nutrients*, 15(5), 1048. <https://doi.org/10.1093/nutrit/nuad044>
- Brooks, S. (2022) 'Celebrity worship, body dissatisfaction, and eating behaviors in adolescents', *Journal of Adolescent Health*, 71(4), pp. 456–462.
- Brown, B. B., and Clasen, D. R. (1985). The Multidimensionality of Peer Pressure in Adolescence. *Journal of Youth and Adolescence*.
- Brown, B.B. and Larson, J. (2020) 'Peer relationships in adolescence', in Lerner, R.M. (ed.) *Handbook of Adolescent Psychology*. 4th edn. Hoboken: Wiley, pp. 74–103.
- Cash, T.F. and Pruzinsky, T. (2020) *Body Image: A Handbook of Science, Practice, and Prevention*. 3rd edn. New York: Guilford Press.
- Chung, A., Vieira, D. and Donley, T. (2021) 'Adolescent peer influence and eating behaviors in social media environments', *Appetite*, 165, 105298. <https://doi.org/10.2196/19697>
- Cooper, P. J., Taylor, M. J., Cooper, Z., & Fairbum, C. G. (1987). The development and validation of the body shape questionnaire. *International Journal of Eating Disorders*, 6(4), 485–494. [https://doi.org/10.1002/1098-108X\(198707\)6:4%253C485::AID-EAT2260060405%253E3.0.CO;2-O](https://doi.org/10.1002/1098-108X(198707)6:4%253C485::AID-EAT2260060405%253E3.0.CO;2-O)
- Creswell, J.W. & Creswell, J.D., 2023. *Research design: qualitative, quantitative, and mixed methods approaches*. 6th ed. Thousand Oaks, CA: Sage Publications.
- Dahlgren, A., Hammarstrand, C. and Ghaderi, A. (2024) 'Social media exposure and eating disorder symptoms in adolescents', *European Eating Disorders Review*, 32(1), pp. 89–101. <https://doi.org/10.1186/s40337-024-00992-3>
- De Onis, M. (2007) 'Development of a WHO growth reference for school-aged children and adolescents', *Bulletin of the World Health Organization*, 85(9), pp. 660–667. <https://doi.org/10.2471/BLT.07.043497>
- Donnici, S., Rania, N., Lombardo, C. and Manfredi, C. (2021) 'Dieting and disordered eating behaviors in adolescence', *Frontiers in Psychology*, 12, 689887.
- Engdyhu, B. M., Gonete, K. A., Mengistu, B., & Worku, N. (2024). Disordered eating attitude and associated factors among late adolescent girls in Gondar city, northwest Ethiopia: A community-based cross-sectional study. *Frontiers in Public Health*, 12, 1425986. <https://doi.org/10.3389/fpubh.2024.1425986>

- Evans, C. and Dolci, S. (2021) 'Body Shape Questionnaire: Short-form validation', *Body Image*, 37, pp. 123–130.
- Fairburn, C.G. and Beglin, S.J. (2021) *Eating Disorder Examination Questionnaire (EDE-Q 6.0)*. Oxford: Oxford University Press.
- Fardouly, J. and Vartanian, L.R. (2021) 'Social media and body image concerns', *Current Opinion in Psychology*, 45, 101285.
- Freizinger, M., Recto, M., Jhe, G., Lin, J. and Richmond, T.K. (2022) 'Atypical anorexia in youth: Cautiously bridging the treatment gap', *Children*, 9(6), Article 837
- Garner, D.M., Olmsted, M.P., Bohr, Y. and Garfinkel, P.E. 1982. The Eating Attitudes Test: psychometric features and clinical correlates. *Psychological Medicine* 12(4), pp. 871–878. doi: 10.1017/S0033291700049163.
- He, J., Liu, Q. and Zhang, L. (2024) 'Excessive celebrity worship behavior and body image dissatisfaction among adolescents', *BMC Psychology*, 12(1), 56.
- He, Y., & Liu, Q. (2024). The excessive celebrity worship behavior questionnaire: Chinese scale development and validation. *PLOS ONE*, 19(5), e0303683. <https://doi.org/10.1371/journal.pone.0303683>
- Hendrato, G. R., Habibie, I. Y., Ventiyaningsih, A. D. I., Maulidiana, A. R., Paramita, D., & Almareza, N. (2026). Association between nutritional knowledge and body image with the risk of eating disorders among adolescent girls in Malang City. *Action: Aceh Nutrition Journal*, 11(1), 103. <https://doi.org/10.30867/action.v11i1.2884>
- Iannattone, S., Cerea, S., & Bottesi, G. (2025). Seeing both sides: Examining profiles of negative and positive body image among Italian adolescents using a person-centered approach. *Body Image*, 54, 101943. <https://doi.org/10.1016/j.bodyim.2025.101943>
- Jannah, A.K. 2022. *HUBUNGAN CITRA TUBUH, AKTIVITAS FISIK, DAN PENGETAHUAN GIZI SEIMBANG DENGAN IMT/U PADA REMAJA PUTRI SMA NEGERI DI KECAMATAN SETIABUDI JAKARTA SELATAN TAHUN 2022*. Universitas Pembangunan Nasional "Veteran" Jakarta. Available at: <https://repository.upnvj.ac.id/19287/> [Accessed: 27 February 2025].
- Kementerian Kesehatan Republik Indonesia (2024) *Pedoman Gizi Seimbang dan Isi Piringku*. Jakarta: Kementerian Kesehatan RI.
- Kinyua, J., McCarthy, K. and Warne, T. (2022) 'Binge eating disorder in adolescents: prevalence and correlates', *International Journal of Eating Disorders*, 55(6), pp. 789–799.

- Kusbiantari, D., Fitriana, E., Hinduan, Z. R., & Srisayekti, W. (2020). Binge Eating Hubungannya Dengan Gaya Makan, BMI dan Food Addiction. *MEDIA KESEHATAN MASYARAKAT INDONESIA*, 19(4), 267–271. <https://doi.org/10.14710/mkmi.19.4.267-271>
- Liemintang, G. E., & Charissa, O. (2024). Prevalensi risiko gangguan makan pada pelajar sekolah menengah atas di Manado: Perbandingan jenis kelamin dan status gizi. *Tarumanagara Medical Journal*, 6(2), 253–260. <https://doi.org/10.24912/tmj.v6i2.33352>
- Lionita, G., Pradana, A. and Hapsari, E. (2021) ‘Body shaming and unhealthy dieting behaviors among adolescents’, *Jurnal Kesehatan Masyarakat*, 16(2), pp. 134–142.
- Machado, P.P.P., Grilo, C.M. and Crosby, R.D. (2023) ‘Psychometric evaluation of the EDE-Q 6.0’, *International Journal of Eating Disorders*, 56(2), pp. 275–284. <https://doi.org/10.1002/erv.2318>
- Makdalena, M. (2024.). *HUBUNGAN BODY IMAGE DENGAN PERILAKU DIET PADA REMAJA PUTRI KELAS X DI SMA N 1 JEPARA*.
- Maltby, J., Day, L. and McCutcheon, L.E. (2021) ‘Celebrity worship and body image: A psychological perspective’, *Psychology of Popular Media*, 10(3), pp. 327–336.
- Mallaram, G. K., Sharma, P., Kattula, D., Singh, S., & Pavuluru, P. (2023). Body image perception, eating disorder behavior, self-esteem and quality of life: A cross-sectional study among female medical students. *Journal of Eating Disorders*, 11(1), 225 . <https://doi.org/10.1186/s40337-023-00945-2>
- Malloy, J. A., Kazenbroot-Phillips, H., & Roy, R. (2024). Associations Between Body Image, Eating Behaviors, and Diet Quality Among Young Women in New Zealand: The Role of Social Media. *Nutrients*, 16(20), 3517. <https://doi.org/10.3390/nu16203517>
- Mancone, M., Balsamo, M. and Donnici, E. (2024) ‘Nutrition education and eating behavior change in adolescents’, *Nutrients*, 16(1), 211. <https://doi.org/10.3389/fpsyg.2024.1405414>
- Merino, M., Tornero-Aguilera, J. F., Rubio-Zarapuz, A., Villanueva-Tobaldo, C. V., Martín-Rodríguez, A., & Clemente-Suárez, V. J. (2024). Body Perceptions and Psychological Well-Being: A Review of the Impact of Social Media and Physical Measurements on Self-Esteem and Mental Health with a Focus on Body Image Satisfaction and Its Relationship with Cultural and Gender Factors. *Healthcare*, 12(14), 1396. <https://doi.org/10.3390/healthcare12141396>

- Merita, M., Hamzah, N., & Djayusmantoko, D. (2020). PERSEPSI CITRA TUBUH, KECENDERUNGAN GANGGUAN MAKAN DAN STATUS GIZI PADA REMAJA PUTRI DI KOTA JAMBI. *Journal of Nutrition College*, 9(2), 81–86. <https://doi.org/10.14710/jnc.v9i2.24603>
- Munawaroh, N., Jeki, A. G., Rahmawati, H., & Fatmawati, T. Y. (n.d.). *Hubungan Persepsi Citra Tubuh (Body Image) dan Pengetahuan Gizi Seimbang dengan Perilaku Makan Pada Remaja di SMAN Batang Hari*.
- Nagata, J.M., Ganson, K.T. and Murray, S.B. (2020) ‘Eating disorders in adolescent boys and young men: An update’, *Current Opinion in Pediatrics*, 32(4), pp. 476–481.
- Neumark-Sztainer, D., Wall, M., Chen, C. and Larson, N. (2020) ‘Dieting and unhealthy weight control behaviors during adolescence’, *Journal of Adolescent Health*, 66(4), pp. 460–467.
- Perloff, R.M. (2021) ‘Social pressure, peer influence, and adolescent behavior’, *Journal of Adolescent Research*, 36(4), pp. 456–478.
- Permana Putri, E. and Setyowati, A. (2022) ‘Pengetahuan gizi dan sikap remaja dengan pola konsumsi makanan cepat saji selama masa study from home’, *Sport and Nutrition Journal*, 3(2), pp. 25–33.
- Permanasari, K., & Arbi, D. K. A. (2022). Pengaruh Ketidakpuasan Tubuh terhadap Kecenderungan Gangguan Makan pada Remaja. *Buletin Riset Psikologi Dan Kesehatan Mental (BRPKM)*, 2(1), 776–788. <https://doi.org/10.20473/brpkm.v2i1.36592>
- Prameswari, F. S. P., Astuti, W., Rosdiana, D. S., Fauza, A., & Insani, H. M. (2023). Persepsi Body Image dan Kualitas Konsumsi Makanan Remaja Putri dengan Status Gizi Normal dan Lebih di Kota Bandung. *Jurnal Ilmu Gizi dan Dietetik*, 1(3), 216–223. <https://doi.org/10.25182/jigd.2022.1.3.216-223>
- Pratiwi, R., Pramono, A., & Hardaningsih, G. (2021). Risk factor of growth faltering in infants aged 2-12 months. *Jurnal Gizi Indonesia (The Indonesian Journal of Nutrition)*, 10(1), 72–79. <https://doi.org/10.14710/jgi.10.1.72-79>
- Polit, D.F. & Beck, C.T., 2021. *Nursing research: generating and assessing evidence for nursing practice*. 11th ed. Philadelphia: Wolters Kluwer.
- Purnamasari, A., Zoahira, W. O. A., Romantika, I. W., & Apriyanti, A. (2025). *Early Detection of Growth Impairment among Children and Adolescents with Eating Disorders: A Cross-Sectional Correlational Study*. 7(2).
- Puspita, B., Lestari, A., & Andayani, T. R. (2024). The Relationship between Fad Diet, Body Image, Stress, Peer Pressure with Eating Disorders in Adolescent Girls Aged 16-18 Years: Hubungan Fad Diet, Citra Tubuh, Stres, Tekanan

- Teman Sebaya dengan Gangguan Makan pada Remaja Putri Usia 16-18 Tahun. *Amerta Nutrition*, 8(1), 49–57. <https://doi.org/10.20473/amnt.v8i1.2024.49-57>
- Puspita, R., Handayani, D. and Putri, A. (2024) ‘Psychosocial stress and extreme dieting behavior in adolescents’, *BMC Public Health*, 24, 892.ch
- Putri, R.N., Widajanti, L. and Nugraheni, S.A. (2021) ‘Hubungan citra tubuh dan pengetahuan gizi seimbang dengan pemilihan makanan remaja putri usia 15–19 tahun di Kota Semarang’, *Media Kesehatan Masyarakat Indonesia*, 20(3), pp. 193–199.
- Rahmawati, F., Hidayat, A. and Suryani, D. (2025) ‘Social media diet trends and extreme dieting behavior among adolescents’, *Nutrients*, 17(2), 331.
- Rania, K., Hermanto, R. A., & Harfika, A. (2023). ANALISIS HUBUNGAN BODY IMAGE DENGAN PERILAKU MAKAN DAN STATUS GIZI REMAJA. *Journal of Holistic and Health Sciences (Jurnal Ilmu Holistik Dan Kesehatan)*, 7(1), 1–8. <https://doi.org/10.51873/jhhs.v7i1.177>
- Ripta, F., Siagian, M., Wau, H., & Manalu, P. (2023). PERSEPSI BODY IMAGE DAN STATUS GIZI PADA REMAJA. *IKESMA*, 19(1), 19. <https://doi.org/10.19184/ikesma.v19i1.30683>
- Rodgers, R.F., McLean, S.A. and Paxton, S.J. (2020) ‘Body image and eating disorders in adolescents’, *Current Opinion in Psychology*, 36, pp. 6–10.
- Santonicola, A., Gagliardi, M., Guarino, M.P. and Iovino, P. (2021) ‘Eating disorders in adolescents: epidemiology and risk factors’, *Clinical Nutrition*, 40(8), pp. 5246–5255.
- Sanzari, C. M., Gorrell, S., Anderson, L. M., Reilly, E. E., Niemiec, M. A., Orloff, N. C., Anderson, D. A., & Hormes, J. M. (2023). The impact of social media use on body image and disordered eating behaviors: Content matters more than duration of exposure. *Eating Behaviors*, 49, 101722. <https://doi.org/10.1016/j.eatbeh.2023.101722>
- Saputra, D. E., Widhiyanto, A., & Salam, A. Y. (2025). HUBUNGAN PEER PRESSURE DENGAN PSYCHOLOGICAL WEL- BEING PADA REMAJA DI SMK ZAINUL HASAN GENGONG PROBOLINGGO. 4(4).
- Saputro, H. S., Anindhita Syahbi; Dewi, Agil Dhiemitra Aulia. (2024). Aktivitas Fisik Berhubungan dengan Status Gizi Lebih pada Siswa di Asrama Putri. *Pontianak Nutrition Journal (PNJ)*, (Vol 7, No 2 (2024): September 2024). <http://ejournal.poltekkes-pontianak.ac.id/index.php/PNJ/article/view/1522/858>

- Sempere-Ferre, F., Escrivá, D., Caplliure-Llopis, J., Benet, I. and Barrios, C. (2023) 'Eating Disorder Attitudes and Body Self-Image of Urban Mediterranean Adolescents', *Children*, 10(6), 962. <https://doi.org/10.3390/children10060962>
- Setiadi, 2020. *Konsep dan praktik penelitian keperawatan*. 3rd ed. Jakarta: Salemba Medika.
- Shagar, P. S., Harris, N., Boddy, J., & Donovan, C. L. (2017). The Relationship Between Body Image Concerns and Weight-Related Behaviours of Adolescents and Emerging Adults: A Systematic Review. *Behaviour Change*, 34(4), 208–252. <https://doi.org/10.1017/bec.2018.3>
- Sharma, A., & Vidal, C. (2023). A scoping literature review of the associations between highly visual social media use and eating disorders and disordered eating: A changing landscape. *Journal of Eating Disorders*, 11(1), 170. <https://doi.org/10.1186/s40337-023-00898-6>
- Sharif-Nia, H., Sivarajan Froelicher, E., Gorgulu, O., Osborne, J. W., Błachnio, A., Rezazadeh Fazeli, A., Goudarzian, A. H., & Kaveh, O. (2024). The relationship among positive body image, body esteem, and eating attitude in Iranian population. *Frontiers in Psychology*, 15, 1304555. <https://doi.org/10.3389/fpsyg.2024.1304555>
- Sinaga, S. W. (2022). Hubungan Tekanan Teman Sebaya dan Intensitas Penggunaan Media Sosial Instagram pada Remaja. (jika diperlukan, tulis detail sesuai panduan kampus).
- Suhag, K., & Rauniyar, S. (2024). Social Media Effects Regarding Eating Disorders and Body Image in Young Adolescents. *Cureus*. <https://doi.org/10.7759/cureus.58674>
- Thakur, S., & Mathur, P. (2022). Nutrition knowledge and its relation with dietary behaviour in children and adolescents: A systematic review. *International Journal of Adolescent Medicine and Health*, 34(6), 381–392. <https://doi.org/10.1515/ijamh-2020-0192>
- Treasure, J., Duarte, T.A. and Schmidt, U. (2020) 'Eating disorders', *The Lancet*, 395(10227), pp. 899–911.
- Utami, R. N. (2019). The Relationship Between Celebrity Worship and Body Image Adolescent Who Idolize K-Pop. *JOMSIGN: Journal of Multicultural Studies in Guidance and Counseling*, 3(2), 137–150. <https://doi.org/10.17509/jomsign.v3i2.20963>
- Van Den Eijnden, R. J. J. M., Lemmens, J. S., & Valkenburg, P. M. (2016). The Social Media Disorder Scale. *Computers in Human Behavior*, 61, 478–487. <https://doi.org/10.1016/j.chb.2016.03.038>

- Vuong, A. T., Jarman, H. K., Doley, J. R., & McLean, S. A. (2021). Social Media Use and Body Dissatisfaction in Adolescents: The Moderating Role of Thin- and Muscular-Ideal Internalisation. *International Journal of Environmental Research and Public Health*, 18(24), 13222. <https://doi.org/10.3390/ijerph182413222>
- Wang, X. & Cheng, Z., 2020. Cross-sectional studies: strengths, weaknesses, and recommendations. *Chest*, 158(1), pp.S65–S71.
- Wassalwa, U. S., & Khomsan, A. (2023). Dampak Intensitas Penggunaan Instagram terhadap Body Dissatisfaction, Perilaku Makan, dan Status Gizi pada Remaja. *Jurnal Ilmu Gizi Dan Dietetik*, 2(4), 278–286. <https://doi.org/10.25182/jigd.2023.2.4.278-286>
- Weingarden, H., Renshaw, K. D., Tangney, J. P., & Wilhelm, S. (2016). Development and validation of the Body-Focused Shame and Guilt Scale. *Journal of Obsessive-Compulsive and Related Disorders*, 8, 9–20. <https://doi.org/10.1016/j.jocrd.2015.11.001>
- Xu, X., Han, W., & Liu, Q. (2023). Peer pressure and adolescent mobile social media addiction: Moderation analysis of self-esteem and self-concept clarity. *Frontiers in Public Health*, 11, 1115661. <https://doi.org/10.3389/fpubh.2023.1115661>
- Yulia, C., Rosdiana, D. S., Muktiarni, M., & Sari, D. R. (2024). Reflections of well-being: Navigating body image, chronic energy deficiency, and nutritional intake among urban and rural adolescents. *Frontiers in Nutrition*, 11, 1346929. <https://doi.org/10.3389/fnut.2024.1346929>
- Yurisman, N. O., Magistarina, E., & Juwita, S. (2025). PENGARUH STRES KERJA TERHADAP PERILAKU CYBERLOAFING PADA GURU SMA NEGERI DI KOTA PADANG. *CAUSALITA : Journal of Psychology*, 3(1), 36–41. <https://doi.org/10.62260/causalita.v3i1.421>
- Zahirah, F., & Wirjatmadi, B. (2024). Hubungan Body Image dan Eating Disorder dengan Status Gizi pada Remaja Perempuan Usia 15-18 Tahun. *Media Gizi Kesmas*, 13(1), 397–403. <https://doi.org/10.20473/mgk.v13i1.2024.397-403>
- Zhao, Y., Tran, A., & Mattie, H. (2024). Unhealthy weight control behaviors and health risk behaviors in American youth: A repeated cross-sectional study. *Journal of Eating Disorders*, 12(1), 118. <https://doi.org/10.1186/s40337-024-01081-1>
- Zięba, M., Jaskuła, M., & Lachowicz-Wiśniewska, S. (2025). Awareness of Eating Disorders, Nutritional Knowledge, and Emotionally Driven Eating Among Polish Adolescents Aged 15–17 A Pilot Study. *Nutrients*, 17(12), 1994. <https://doi.org/10.3390/nu17121994>

Zulfa, A. (2023) 'Citra tubuh dan perilaku diet ekstrem pada remaja', Jurnal Psikologi Kesehatan, 7(1), pp. 33–41