

HUBUNGAN TINGKAT HARGA DIRI, TINGKAT STRES, POLA MAKAN, DAN STATUS GIZI DENGAN RISIKO PERILAKU MAKAN MENYIMPANG PADA REMAJA DI SMA MUHAMMADIYAH 4 DEPOK

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Abstrak

Perilaku makan menyimpang merupakan salah satu permasalahan gizi pada remaja yang dapat mempengaruhi kesehatan fisik maupun psikologis. Berbagai faktor diduga berperan dalam terjadinya perilaku makan menyimpang, di antaranya tingkat stres, harga diri, pola makan, dan status gizi. Tujuan penelitian ini adalah mengetahui hubungan antara tingkat harga diri, tingkat stres, pola makan, dan status gizi dengan risiko perilaku makan menyimpang. Desain penelitian yang digunakan adalah *cross-sectional*. Penelitian dilaksanakan di Sekolah Menengah Atas Muhammadiyah 4 Depok dengan jumlah sampel 102 responden yang dipilih menggunakan teknik *convenience sampling*. Perilaku makan menyimpang diukur menggunakan kuesioner *Eating Attitudes Test-26*. Hasil penelitian menunjukkan bahwa mayoritas responden tidak memiliki risiko perilaku makan menyimpang (75,5%). Tidak terdapat hubungan antara tingkat harga diri dan tingkat stres dengan risiko perilaku makan menyimpang ($p=0,871$ dan $p=0,444$). Sebaliknya, terdapat hubungan yang signifikan antara status gizi dengan risiko perilaku makan menyimpang ($p = 0,001$). Pada variabel pola makan, hanya asupan protein ($p = 0,028$) dan serat ($p = 0,045$) yang berhubungan signifikan dengan risiko perilaku makan menyimpang, sedangkan asupan energi, lemak, dan karbohidrat tidak menunjukkan hubungan yang signifikan. Dengan demikian, status gizi serta pola makan khususnya asupan protein dan serat perlu diperhatikan dalam upaya pencegahan risiko perilaku makan menyimpang pada remaja.

Kata Kunci: Harga Diri, Pola Makan, Remaja, Risiko Perilaku Makan Menyimpang, Status gizi, Stres

THE RELATIONSHIP BETWEEN SELF-ESTEEM LEVEL, STRESS LEVEL, DIETARY INTAKE, AND NUTRITIONAL STATUS WITH THE RISK OF DISORDERED EATING BEHAVIOR AMONG ADOLESCENTS AT SMA MUHAMMADIYAH 4 DEPOK

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Abstract

Disordered eating behavior is one of the nutritional problems among adolescents that can affect both physical and psychological health. Various factors are thought to play a role in the occurrence of disordered eating behavior, including stress level, self-esteem, dietary intake, and nutritional status. This study aimed to determine the relationship between self-esteem, stress level, dietary intake, and nutritional status with the risk of disordered eating behavior. The study employed a cross-sectional design. The study was conducted at Muhammadiyah 4 Depok Senior High School with a total sample of 102 respondents selected using a convenience sampling technique. Disordered eating behavior was assessed using the Eating Attitudes Test-26 questionnaire. The results showed that the majority of respondents were not at risk of disordered eating behavior (75.5%). There was no relationship between self-esteem and stress level with the risk of disordered eating behavior ($p = 0.871$ and $p = 0.444$). In contrast, there was a significant relationship between nutritional status and the risk of disordered eating behavior ($p = 0.001$). Regarding dietary intake variables, only protein intake ($p = 0.028$) and fiber intake ($p = 0.045$) were significantly associated with the risk of disordered eating behavior, whereas energy, fat, and carbohydrate intake showed no significant relationship. Therefore, nutritional status and dietary intake, particularly protein and fiber intake, need to be considered in efforts to prevent the risk of disordered eating behavior among adolescents.

Keywords: Dietary Intake, Disordered Eating Behavior Risk, Nutritional Status, Self-Esteem, Stress