

HUBUNGAN *BODY COMPARISON* TERHADAP *IDOL K-POP* DENGAN PERILAKU MAKAN TIDAK SEHAT PADA REMAJA PUTRI DI JAKARTA

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Abstrak

Masa remaja merupakan masa peralihan menuju dewasa yang ditandai dengan perubahan fisik, kejiwaan serta kognitif. Mayoritas dari remaja putri memperhatikan bentuk tubuhnya dan membandingkannya dengan panutannya, seperti idol K-Pop. Beberapa remaja putri tersebut ada yang berupaya untuk terlihat seperti idola mereka dengan merubah perilaku makannya. Penelitian ini bertujuan untuk mengetahui hubungan *body comparison* terhadap *idol K-Pop* dengan perilaku makan tidak sehat (*restraint eating*, *emotional eating* dan *external eating*) pada remaja putri di Jakarta. Penelitian ini menggunakan pendekatan kuantitatif dengan desain *cross sectional*. Teknik pengambilan sampel menggunakan jenis metode *nonprobability sampling* yaitu *volunteer sampling* melalui sosial media twitter kepada 222 remaja putri dengan uji *chi-square*. Instrumen penelitian *body comparison* menggunakan *Body Comparison Scale (BCS)* dan perilaku makan tidak sehat menggunakan *Dutch Eating Behaviour Questionnaire (DEBQ-32)*. Hasil analisis menunjukkan bahwa *body comparison* terhadap *idol K-pop* tidak memiliki hubungan bermakna dengan jumlah *restraint eating* sebanyak 116 responden (52,3%) ($p=0,286$), jumlah *emotional eating* sebanyak 119 responden (53,6%) ($p=0,780$) dan jumlah *external eating* sebanyak 116 responden (53,6%) ($p=0,286$). Hal ini menunjukkan bahwa tidak ada hubungan antara *body comparison* dengan idol K-pop terhadap *restraint eating*, *emotional eating*, dan *external eating* pada remaja putri di Jakarta.

Kata Kunci : Remaja Putri, *Body Comparison*, *Idol K-Pop*, *Restraint Eating*, *Emotional Eating*, *External Eating*.

RELATIONSHIP BETWEEN BODY COMPARISON TOWARD K-POP IDOL WITH UNHEALTHY EATING BEHAVIOR IN FEMALE ADOLESCENTS IN JAKARTA

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Abstract

Adolescence is a transition to adulthood that is marked by physical, psychological and cognitive changes. The majority of young women pay attention to their body shapes and compare them with their role models, such as K-Pop idols. Some of these young women try to look like their idols by changing their eating behavior. This study aims to determine the relationship of body comparison toward K-Pop idols with unhealthy eating behavior (restraint eating, emotional eating and external eating) in female adolescents in Jakarta. This research uses a quantitative approach with cross sectional design. The sampling technique uses a type of nonprobability sampling method that is volunteer sampling through social media twitter to 222 female adolescents using the chi-square test. The body comparison research instrument uses the Body Comparison Scale (BCS) and unhealthy eating behavior using the Dutch Eating Behavior Questionnaire (DEBQ-32). The analysis showed that body comparison with K-pop idols did not have a significant relationship with total 116 respondents restraint eating (52.3%) ($p = 0.286$), total 119 respondents emotional eating (53.6%) ($p = 0.780$) and total 116 respondents external eating (53.6%) ($p = 0.286$). This shows that there is no relationship between body comparison with K-pop idols on restraint eating, emotional eating, and external eating in female adolescents in Jakarta.

Keywords : Female Adolescents, Body Comparison, Kpop Idol, Restraint Eating, Emotional Eating, External Eating.