

## INTISARI

Latar Belakang : Sebanyak 5% dari populasi dunia berisiko mengalami gangguan makan dan mayoritas dari populasi tersebut merupakan remaja dan dewasa muda. Tujuan : Tujuan penelitian ini untuk mengetahui hubungan body image, uang saku, tempat tinggal, dan intensitas penggunaan media sosial terhadap risiko gangguan makan. Metode : Penelitian ini menggunakan desain cross-sectional yang dilaksanakan di SMAIT Abu Bakar pada bulan November tahun 2022. Sampel yang digunakan berjumlah 162 siswa dengan teknik kluster random sampling. Pengumpulan data dilakukan menggunakan alat bantu berupa kuesioner BSQ-34 untuk melihat body image dan EAT-26 untuk melihat risiko gangguan makan pada siswa. Analisis dilakukan dengan analisis univariat dan bivariat (chi-square, Spearman Correlation test). Hasil : Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara body image ( $p = 0,001$ ) dan tempat tinggal ( $p = 0,003$ ) terhadap risiko gangguan makan. Namun tidak terdapat hubungan yang signifikan antara uang saku ( $p = 0,688$ ) dan intensitas penggunaan media sosial ( $p = 0,533$ ) dengan risiko gangguan makan pada siswa. Simpulan : Terdapat sebesar 19,1% dari siswa SMA IT Abu Bakar berisiko mengalami gangguan makan. Dan siswa asrama berisiko 2x lebih besar dibandingkan siswa non-asrama. Oleh karena itu perlu dilakukannya tracing dan konseling pada siswa yang diketahui berisiko mengalami gangguan makan.

Kata Kunci : Gangguan Makan, Siswa SMA, Faktor Risiko

## ABSTRACT

**Background:** As many as 5% of the world's population is at risk of experiencing eating disorders and the majority of the population are adolescents and young adults. **Purpose:** The purpose of this study was to determine the relationship between body image, pocket money, place of residence, and the intensity of social media use on the risk of eating disorders. **Methods:** This study used a cross-sectional design which was carried out at SMAIT Abu Bakar in November 2022. The sample used was 162 students using the cluster random sampling technique. Data collection was carried out using a tool in the form of a BSQ-34 questionnaire to see body image and EAT-26 to see the risk of eating disorders in students. Analysis was performed using univariate and bivariate analysis (chi-square, Spearman Correlation test). **Results:** The results showed that there was a significant relationship between body image ( $p = 0.001$ ) and place of residence ( $p = 0.003$ ) on the risk of eating disorders. However, there was no significant relationship between pocket money ( $p = 0.688$ ) and the intensity of social media use ( $p = 0.533$ ) and the risk of eating disorders in students. **Conclusion:** There are 19.1% of SMA IT Abu Bakar students at risk of experiencing eating disorders. And boarding students are at 2x greater risk than non-boarding students. Therefore it is necessary to do tracing and counseling for students who are known to be at risk of experiencing eating disorders.

**Keywords:** Eating Disorders, High School Students, Risk Factors