

INTISARI

Latar Belakang: Gangguan makan (*eating disorders*) adalah gangguan kesehatan mental dan medis yang mempengaruhi pola makan seseorang secara negatif. Saat ini, gangguan makan di kalangan anak muda cukup tinggi. Kelompok yang rentan mengalami gangguan makan adalah remaja, terutama remaja perempuan dengan rentang usia 14-23 tahun. Gangguan makan seringkali dikaitkan dengan ketidakpuasan terhadap citra tubuh (*body image*), sementara itu tingkat stres juga diyakini memperkuat pengaruhnya pada cara individu menangani emosi dan perilaku makan. Hal ini dapat meningkatkan risiko gangguan makan pada orang-orang yang rentan. **Tujuan:** Tujuan umum penelitian ini adalah mengetahui hubungan *body image* dan tingkat stress dengan risiko gangguan makan (*eating disorders*) pada mahasiswi Universitas Gadjah Mada dan mengetahui keterkaitan variabel perancu (usia, kluster fakultas, situasi hidup, dan uang saku) dengan risiko gangguan makan (*eating disorders*) pada mahasiswi Universitas Gadjah Mada. **Metode:** Desain penelitian ini merupakan observasional kuantitatif dengan pendekatan *cross sectional study*. Subjek dalam penelitian ini adalah mahasiswi S1 Universitas Gadjah Mada. Pengambilan sampel dilakukan secara *proportionate stratified random sampling* dengan besar sampel sebanyak 141 mahasiswi. Data diambil secara *offline* dengan bantuan enumerator. **Hasil:** Sebanyak 44% subjek tidak puas terhadap tubuhnya; 68,8% subjek memiliki tingkat stres tinggi; 16,3% subjek memiliki risiko gangguan makan. Hubungan *body image* dengan risiko gangguan makan signifikan ($p \text{ value} = 0,000 < 0,05$), hubungan tingkat stres dengan risiko gangguan makan signifikan ($p \text{ value} = 0,011 < 0,05$), dan tidak ada keterkaitan variabel perancu (usia, kluster fakultas, situasi hidup, dan uang saku) dengan

risiko gangguan makan (*eating disorders*). **Kesimpulan:** *Body image* dan tingkat stres memiliki hubungan yang signifikan dengan risiko gangguan makan (*eating disorders*) dan tidak ditemukan variabel perancu (usia, kluster fakultas, situasi hidup, dan uang saku) dalam penelitian ini.

Kata kunci: *body image*, tingkat stress, risiko gangguan makan

ABSTRACT

Background: *Eating disorders are mental and medical health disorders that negatively affect an individual's eating patterns. Currently, eating disorders among young people are quite high. The group that is vulnerable to experiencing eating disorders are teenagers, especially teenage girls aged 14-23 years. Eating disorders are often associated with dissatisfaction with body image, while stress levels are also believed to have an amplifying effect on how individuals handle emotion and eating behavior. This may increase the risk of eating disorders in vulnerable people.*

Objective: *To determinate the relationship between body image and stress levels with the risk of eating disorders among female students at Gadjah Mada University and to understand the association of confounding variable, such as age, faculty cluster, living situation, and pocket money, with the risk of eating disorders among female students at Gadjah Mada University.*

Method: *This research employed a quantitative observational design with a cross-sectional study approach. The subjects of this study were undergraduate female students at Gadjah Mada University. Sampling was conducted using proportionate stratified random sampling with sample size of 141 female students. Data were collected offline with the assistance of enumerators.*

Results: *44% of the subjects were dissatisfied with their bodies; 68,8% of the subjects experienced high levels of stress; 16,3% of the subjects were at risk of developing eating disorders. The relationship between body image and the risk of eating disorders was significant (p value = $0,000 < 0,05$), as was the relationship between stress levels and the risk of eating disorders (p value = $0,011 < 0,05$). There was no association found between confounding variables, such as age, faculty cluster, living situation, and pocket money and the risk of eating disorders.*

Conclusion: *Body image and stress levels have a significant relationship with the risk of eating disorders, and no confounding variables, such as age, faculty cluster, living situation, and pocket money, were found in this study.*

Keywords: *body image, stress levels, eating disorder risk*