

HUBUNGAN ANTARA TINGKAT OBSESI PENGGEMAR *K-POP* DENGAN RISIKO GANGGUAN MAKAN PADA MAHASISWA AKTIF GIZI KESEHATAN UNIVERSITAS GADJAH MADA

Lulu Camelia S.¹, Prima Ratrikaningtyas², Toto Sudargo³

INTISARI

Latar Belakang : Fenomena *Korean wave* mulai digemari melalui media sosial sejak tahun 2004, salah satunya adalah *K-pop*, dengan mayoritas penggemarnya adalah remaja. Individu penggemar *K-pop* seringkali terobsesi dengan idolanya sehingga berkeinginan untuk mengubah bentuk tubuhnya dan mengalami gangguan makan.

Tujuan : Mengetahui hubungan antara tingkat obsesi penggemar *K-pop* dengan risiko gangguan makan pada mahasiswa aktif Gizi Kesehatan Universitas Gadjah Mada.

Metode : Desain penelitian yang digunakan adalah *cross sectional* dengan pendekatan kuantitatif. Populasi penelitian adalah mahasiswa Gizi Kesehatan Universitas Gadjah Mada dan *K-poppers* suatu fandom. Sejumlah 88 responden telah terpilih dan memenuhi kriteria inklusi dan eksklusi, serta telah mengisi kuesioner CAS, BSQ, dan EAT yang diberikan. Data dianalisis menggunakan uji korelasi Spearman.

Hasil : Terdapat hubungan antara tingkat obsesi penggemar *K-pop* dengan risiko gangguan makan ($p\text{-value}=0,017$, nilai $r=0,253$). Interpretasi yang dihasilkan adalah hubungan yang signifikan, searah, dan tingkat korelasi yang rendah.

Kesimpulan : Tingkat obsesi berhubungan risiko gangguan makan individu secara signifikan dan searah sehingga semakin tinggi tingkat obsesi terhadap suatu selebriti, semakin tinggi pula risiko gangguan makan pada individu tersebut.

Kata Kunci : *K-pop*; Mahasiswa Gizi; Risiko Gangguan Makan; Tingkat Obsesi

¹Mahasiswa Gizi Kesehatan, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan, Universitas Gadjah Mada

²Staf Pengajar Departemen Perilaku Kesehatan, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan, Universitas Gadjah Mada

³Staf Pengajar Departemen Gizi Kesehatan, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan, Universitas Gadjah Mada

The Relationship of Celebrity Worship of K-pop and The Risk of Eating Disorders in Health Nutrition Students of Gadjah Mada University

Lulu Camelia S.¹, Prima Ratrikaningtyas², Toto Sudargo³

ABSTRACT

Background : *The Korean wave phenomenon has become popular on social media since 2004, one of which is K-pop, with the majority of fans being adolescent. Individual K-pop fans are often obsessed with their idols so they want to change their body shape and experience eating disorders.*

Goal : *To determine the relationship between celebrity worship of K-pop and the risk of eating disorders in Health Nutrition Students of Gadjah Mada University.*

Method : *The research design used was cross sectional with a quantitative approach. The research population was Health Nutrition students at Gadjah Mada University and K-popers, a fandom. A total of 88 respondents were selected and met the inclusion and exclusion criteria, and had filled out the CAS, BSQ and EAT questionnaires provided. Data were analyzed using the Spearman correlation test.*

Result : *There is a relationship between celebrity worship of K-pop and the risk of eating disorders ($p\text{-value}=0,017$, nilai $r=0,253$). The resulting interpretation is a significant, unidirectional relationship and a low level of correlation.*

Conclusion : *Celebrity worship is related to an individual's risk of eating disorders significantly and in the same direction, so that the higher the level of obsession with a celebrity, the higher the risk of eating disorders in that individual.*

Keywords : *Celebrity worship, Eating Disorders, Health Nutrition Student, K-pop*

¹Student of Health Nutrition, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada

²Lecturer of Health Behavior Department, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada

³Lecturer of Health Nutrition Department, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada