

HUBUNGAN ANTARA GANGGUAN CITRA TUBUH DENGAN KECENDERUNGAN ORTHOREKSIA NERVOSA DAN ADIKSI TERHADAP OLAHRAGA PADA MAHASISWA LAKI-LAKI DI UNIVERSITAS GADJAH MADA

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ABSTRAK

Latar belakang: Citra tubuh tidak hanya menjadi isu perempuan, namun juga pada laki-laki, khususnya dalam konteks budaya yang menekankan standar maskulinitas dan tubuh ideal. Tekanan terhadap standar tersebut dapat memicu kecenderungan orthoreksia nervosa dan adiksi terhadap olahraga sebagai bentuk kontrol terhadap tubuh.

Tujuan: Mengetahui hubungan antara gangguan citra tubuh dengan kecenderungan orthoreksia nervosa dan adiksi terhadap olahraga pada mahasiswa laki-laki di Universitas Gadjah Mada.

Metode: Penelitian ini menggunakan desain *cross-sectional*, melibatkan 120 mahasiswa laki-laki dari Fakultas Teknik dan Fakultas KKMK UGM dengan teknik purposive sampling. Data dikumpulkan melalui kuesioner *Male Body Attitudes Scale*, *Multidimensional Scale of Perceived Social Support*, ORTO-15, *Exercise Dependence Scale-21*, dan pengetahuan gizi serta dianalisis menggunakan Chi-Square dan regresi logistik.

Hasil: Hasil penelitian menunjukkan gangguan citra tubuh tidak memiliki hubungan signifikan dengan kecenderungan orthoreksia nervosa ($p = 0,655$; $PR = 1,052$), sedangkan gangguan citra tubuh berhubungan signifikan dengan adiksi terhadap olahraga ($p = 0,00$; $PR = 4,375$). Prevalensi individu dengan gangguan citra tubuh dan orthoreksia nervosa yaitu 50,8%, sedangkan individu dengan gangguan citra tubuh dan adiksi terhadap olahraga yaitu 58,3%.

Kesimpulan: Tidak terdapat hubungan signifikan antara gangguan citra tubuh dengan kecenderungan orthoreksia nervosa, namun terdapat hubungan signifikan antara gangguan citra tubuh dengan adiksi terhadap olahraga.

Kata kunci: adiksi olahraga; citra tubuh; orthoreksia nervosa; laki-laki; gangguan makan

**THE RELATIONSHIP BETWEEN BODY IMAGE DISTURBANCE WITH
ORTHOREXIA NERVOSA TENDENCY AND EXERCISE ADDICTION
AMONG MALE STUDENTS AT UNIVERSITAS GADJAH MADA**

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ABSTRACT

Introduction: Body image are limited to women but also affect men, particularly within cultural contexts that emphasize ideals of masculinity and the pursuit of an “ideal” physique. Such pressures may increase susceptibility to orthorexia nervosa and exercise addiction, often manifested as body control behaviors.

Objective: This study aims to examine the relationship between body image disturbance with orthorexia nervosa tendency and exercise addiction among male students at Universitas Gadjah Mada.

Methods: A cross-sectional study design was employed, involving 120 male students from Faculty of Engineering and the Faculty of Medicine, Public Health, and Nursing at Universitas Gadjah Mada, selected through purposive sampling. Data were collected using validated questionnaires: Male Body Attitudes Scale, Multidimensional Scale of Perceived Social Support, ORTO-15, Exercise Dependence Scale-21, and nutrition knowledge questionnaire. Statistical analyses included Chi-Square tests and logistic regression.

Results: The finding revealed that body image disturbance was not significantly associated with orthorexia nervosa tendencies ($p = 0,655$; $PR = 1,052$). In contrast, significant associations were identified between body image disturbance and exercise addiction ($p = 0,00$; $PR = 4,375$). The prevalence of individuals with body image disturbance and orthorexia nervosa was 50,8%, whereas the prevalence of individuals with body image disturbance and exercise addiction was 58,3%.

Conclusion: The study demonstrates that body image disturbance is not significantly associated with orthorexia nervosa tendencies, whereas a significant association is identified between body image disturbance with exercise addiction.

Keywords: body image; eating disorder; exercise addiction; male; orthorexia nervosa