

PERBEDAAN KECENDERUNGAN *BINGE EATING DISORDER* PADA ANAK REMAJA GIZI LEBIH DAN NORMAL DI KOTA YOGYAKARTA

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ABSTRAK

Latar belakang: *Binge eating disorder* merupakan salah satu gangguan makan yang banyak dialami oleh anak remaja berstatus gizi lebih. Pada populasi yang lebih luas, terdapat anak remaja berstatus gizi normal yang mengalami *binge eating disorder*. Meskipun demikian, hingga saat ini belum pernah dilakukan penelitian mengenai perbedaan kecenderungan *binge eating disorder* pada anak remaja berstatus gizi lebih dan normal.

Tujuan: Untuk mengetahui perbedaan kecenderungan *binge eating disorder* pada anak remaja berstatus gizi lebih dan normal di Kota Yogyakarta.

Metode: Penelitian ini dilakukan dengan pendekatan kuantitatif observasional dan dengan desain *cross-sectional* dengan melibatkan 454 anak remaja usia 13-15 tahun. Pengukuran status gizi dianalisa melalui *IMT/U* sedangkan pengukuran kecenderungan *binge eating disorder* dilakukan dengan kuesioner *The Adolescent Binge Eating Disorder (ADO-BED)*.

Hasil: Berdasarkan hasil analisa menggunakan *chi-square*, didapatkan hasil $p < 0,001$ yang berarti dari 454 anak remaja, 6 orang anak remaja berstatus gizi lebih memiliki risiko tinggi; 97 anak remaja gizi lebih dan 212 anak remaja gizi normal berisiko rendah; serta 61 anak remaja berstatus gizi lebih dan 78 anak remaja berstatus gizi normal tidak berisiko *binge eating disorder*.

Kesimpulan: Terdapat perbedaan signifikan mengenai kecenderungan *binge eating disorder* pada anak remaja berstatus gizi lebih dan normal. Anak remaja berstatus gizi lebih memiliki risiko tinggi mengalami *binge eating disorder*.

Kata kunci: *binge eating disorder*, status gizi, anak remaja, *overweight*, obesitas

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THE DIFFERENCE OF BINGE EATING DISORDER TENDENCIES ON ADOLESCENTS WITH HIGH AND NORMAL NUTRITIONAL STATUS IN YOGYAKARTA

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ABSTRACT

Background: Binge eating disorder is a type of eating disorder that is commonly found on adolescent with high nutritional status. However, in a larger population, binge eating disorder can also be experienced by adolescents with normal nutritional status. By the time this research was conducted, there was still no research that compared about binge eating disorder on both adolescents with high and normal nutritional status.

Objective: To compare binge eating disorder tendencies on both adolescents with high and normal nutritional status in Yogyakarta.

Method: Quantitative observational approach was applied by using cross-sectional study involving 454 adolescents aged 13-15 years old. Then, data of the nutritional status were analyzed by using BMI-for-age, while the tendencies level of binge eating disorder was measured by using The Adolescent Binge Eating Disorder questionnaires.

Results: Based on the chi-square analysis, binge eating disorder tendencies status on 454 adolescents with high and normal nutritional status is significantly different ($p < 0,001$); 6 adolescents with high nutritional status and high risk of binge eating disorder; 97 adolescents with high nutritional status and low risk of binge eating disorder; 212 adolescents with normal nutritional status and low risk of binge eating disorder; 61 adolescents with high nutritional status and no risk of binge eating disorder; and 78 adolescent with normal nutritional and no risk of binge eating disorder.

Conclusion: The binge eating disorder tendencies on adolescents with both high and normal nutritional status in Yogyakarta is significantly different. Adolescents with high nutritional status had more risk in experiencing binge eating disorder.

Keywords: binge eating disorder, nutritional status, adolescents, overweight, obesity

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