

## HUBUNGAN ANTARA KECENDERUNGAN *BODY DYSMORPHIC DISORDER* DENGAN DEPRESI PADA REMAJA SMA DI BENGKULU SELATAN

### INTISARI

**Latar belakang:** Remaja cenderung lebih sensitif mengenai penampilan. Hal tersebut dapat menyebabkan penilaian negatif terhadap *body image* yang merupakan salah satu faktor risiko munculnya *body dysmorphic disorder* (BDD). Gejala BDD pada remaja dapat mengganggu proses perkembangan baik fisik, kognitif, psikososial, moral dan emosional. Hal ini dapat menyebabkan distress yang menimbulkan kondisi depresi pada remaja tersebut. Depresi merupakan penyebab utama dari penyakit dan disabilitas serta meningkatkan risiko bunuh diri pada remaja. Adanya faktor risiko sebelumnya seperti riwayat *bullying* dan pelecehan seksual serta kondisi pandemi COVID-19 yang saat ini terjadi dapat menimbulkan dampak gangguan mental diantaranya depresi dan kecenderungan BDD.

**Tujuan:** Untuk mengidentifikasi hubungan antara kecenderungan *body dysmorphic disorder* dengan depresi pada remaja SMA di Bengkulu Selatan.

**Metode:** Penelitian ini merupakan penelitian non eksperimental, deskriptif analitik dengan pendekatan *cross-sectional*. Subjek penelitian adalah siswa kelas XI SMA 1 dan 5 Bengkulu Selatan. Kecenderungan BDD dinilai dengan instrumen *Body Image Disturbance Questionnaire* (BIDQ). Gejala depresi dinilai dengan *Children Depression Inventory* (CDI). Analisis univariat dilakukan dengan analisis deskriptif, analisis bivariat menggunakan uji *chi square/ fisher exact test* dan analisis multivariat menggunakan uji regresi logistik.

**Hasil:** Subjek yang memiliki kecenderungan BDD tinggi sebanyak 4,1% dan 40,7% subjek memiliki gejala depresi. Terdapat hubungan yang bermakna antara kecenderungan *body dysmorphic disorder* dengan depresi ( $p=0,010$ , OR=9,65, CI=1,13-82,76). Variabel yang paling mempengaruhi kondisi depresi adalah riwayat pelecehan seksual ( $p=0,019$ , CI=1,180-6,651) dan merasa penampilan fisik semakin tidak menarik selama pandemi COVID-19 ( $p=0,000$ , CI=2,459-15,177).

**Kesimpulan:** Terdapat hubungan yang bermakna antara kecenderungan *body dysmorphic disorder* dengan Depresi pada remaja SMA di Bengkulu Selatan

**Kata kunci:** *body dysmorphic disorder*, depresi, *bullying*, pelecehan seksual, pandemi COVID-19, remaja

**ASSOCIATION BETWEEN BODY DYSMORPHIC DISORDER TENDENCY  
AND DEPRESSION AMONG HIGH SCHOOL ADOLESCENTS  
IN SOUTH BENGKULU**

**ABSTRACT**

**Background:** Adolescent tends to be more sensitive about the obtaining perfect appearance. This can lead to a negative appraisal of body image, which is a risk factor of body dysmorphic disorder (BDD). BDD symptoms in adolescents can obstruct the development involving physical, cognitive, psychosocial, moral and emotional process. This can lead to depression. Depression is a major cause of illness and disability and increases the risk of suicide in adolescents. The existence of risk factors such as past history of bullying and sexual harassment and the current condition of the COVID-19 pandemic can have an impact on mental disorders, such as depression and BDD tendency.

**Objective:** To determine the association between body dysmorphic disorder tendency and depression on high school adolescent at South Bengkulu.

**Method:** It was non-experimental study with a cross-sectional design. The subject of this study were students of class XI of SMA 1 dan 5 South Bengkulu. The tendency of BDD was assessed by Body Image Disturbance Questionnaire (BIDQ) and the depression symptoms was assessed by Children Depression Inventory (CDI). Data analysis used univariate, bivariate analysis by chi square/ fisher exact test and multivariate analysis using logistic regression test.

**Result:** There was 4.1% of subjects who had a high tendency for BDD and 40.7% of subjects had symptoms of depression. We found significant association between tendency of BDD and depression  $p=0,010$  ( $p<0,05$ ,  $OR=9,65$ ,  $CI=1,13-82,76$ ). The variables that most influenced depression were history of sexual harassment ( $p = 0.019$ ,  $CI = 1,180-6,651$ ) and feeling that their physical appearance was increasingly unattractive during the COVID-19 pandemic ( $p = 0,000$ ,  $CI = 2.459-15,177$ ).

**Conclusion:** There was significant association between body dysmorphic disorder tendency and depression on high school adolescent at South Bengkulu

**Keywords:** Body dysmorphic disorder tendency, depression, bullying, sexual harassment, COVID-19 pandemic, adolescents