

**HUBUNGAN ANTARA CITRA TUBUH DARI LINGKUNGAN
SOSIOKULTURAL DENGAN PERILAKU MAKAN REMAJA
DI SMA NEGERI 4 YOGYAKARTA**

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INTISARI

Latar Belakang: Prevalensi kejadian penyimpangan perilaku makan masih tinggi dan cenderung meningkat dari remaja sampai dewasa muda. Kecenderungan tertinggi dialami remaja laki-laki diatas usia 15 tahun dan remaja perempuan diatas usia 13 tahun. Pendekatan konteks sosiokultural penampilan fisik ideal digunakan untuk menjelaskan fenomena penyimpangan ini.

Tujuan: Mengetahui hubungan antara citra tubuh dari lingkungan sosiokultural terhadap perilaku makan remaja.

Metode: Studi deskripsi analitis dengan rancangan potong lintang dilakukan pada 201 siswa/siswi aktif kelas XI SMA Negeri 4 Yogyakarta tahun 2015. Kuesioner EAT-26 dan SATAQ-4 digunakan dalam penelitian. Kemaknaan hubungan ditunjukkan melalui Tes Korelasi Spearman.

Hasil: Rerata \pm SD skor perilaku makan sebesar $13,34 \pm 8,58$ dengan kecenderungan penyimpangan makan (EAT skor ≥ 20) dialami oleh 37 (18,4%) remaja. Subskala internalisasi citra tubuh atletis dan tekanan citra tubuh media SATAQ-4 memiliki rerata \pm SD tinggi, $16,49 \pm 4,32$ dan $13,03 \pm 3,69$. Terdapat hubungan bermakna antara ketiga rerata skor total tekanan citra tubuh (keluarga, teman sebaya, dan media) SATAQ-4 dengan rerata skor total EAT-26 ($P < 0,01$). Tekanan citra tubuh media memiliki nilai korelasi tertinggi dengan perilaku makan remaja ($r_s = 0,473$, $P < 0,01$).

Kesimpulan: Terdapat hubungan bermakna antara tekanan citra tubuh keluarga, teman sebaya, dan media dengan perilaku makan pada remaja.

Kata Kunci: perilaku makan, citra tubuh, sosiokultural, remaja

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CORRELATION BETWEEN SOCIOCULTURAL CONTEXT OF BODY IMAGE AND ADOLESCENCE EATING BEHAVIOR IN SMA NEGERI 4 YOGYAKARTA

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ABSTRACT

Background: Eating disorder prevalence are generally high and tend to increase from adolescence to young adulthood. Highest prevalence are suffered by males more than 15 years old and females more than 13 years old. Sociocultural influence model on body image are proposed to explain this phenomenon.

Objective: To measure correlation between sociocultural context of body image and adolescence eating behavior.

Method: Cross-sectional design with analytical description was applied to 11th grade students in SMA Negeri 4 Yogyakarta (n=201). Eating Attitudes Test (EAT-26) and Sociocultural Attitudes Towards Appearance Questionnaire (SATAQ)-4 were used. Data were analyzed using Spearman's Correlation Test.

Results: Disordered eating (EAT score ≥ 20) was present in 37 (18.4%) adolescent whereas eating behavior mean \pm SD score were 13.34 ± 8.58 . SATAQ-4 subscale mean \pm SD for *internalization: muscular/athletic* (16.49 ± 4.32) and *pressure: media* (13.03 ± 3.69) appeared higher among participant. There were significant positive correlation between all SATAQ-4 pressure (family, peers, and media) mean score and EAT-26 mean score ($P < .01$). Media pressure on body image had the highest correlation with adolescent eating behavior ($r_s = .473, P < .01$).

Conclusion: There are significant positive correlation between family, peers, and media pressure on body image and adolescence eating behavior.

Keywords: eating behavior, body image, sociocultural, adolescence

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