

HUBUNGAN ANTARA TINGKAT STRES DAN *BODY IMAGE* TERHADAP RISIKO *EATING DISORDER* PADA REMAJA SMK KESEHATAN FAHD ISLAMIC SCHOOL DI MASA PANDEMI COVID-19

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ABSTRAK

Pada masa remaja mengalami adanya perubahan terutama secara psikologis. Perubahan yang terjadi secara psikologis biasanya disebabkan karena adanya tingkat stres. Remaja yang mengalami tingkat stres biasanya akan merasakan keinginan makan secara berlebihan atau sebaliknya maka dapat berpengaruh terhadap *body image*, sehingga hal tersebut dapat mempengaruhi risiko *eating disorder*. Penelitian ini untuk menganalisis hubungan antara tingkat stres dan *body image* terhadap risiko *eating disorder* pada remaja SMK Kesehatan Fahd Islamic School di masa pandemi COVID-19. Metode penelitian yang digunakan adalah kuantitatif dengan desain *cross sectional*. Sampel penelitian adalah siswa SMK Kesehatan Fahd Islamic School dengan menggunakan teknik *consecutive sampling* dengan jumlah 260 responden. Berdasarkan hasil uji statistik *chi-square*, diperoleh *p-value* = 0,001 dengan nilai OR = 7,155 untuk hubungan tingkat stres dengan risiko *eating disorder* dan diperoleh *p-value* = 0,001 dengan nilai OR = 4,932 untuk hubungan *body image* dengan risiko *eating disorder*. Kesimpulan dari penelitian ini adalah terdapat hubungan yang signifikan antara tingkat stres dan *body image* dengan risiko *eating disorder* pada remaja SMK Kesehatan Fahd Islamic School di Masa Pandemi COVID-19.

Kata kunci: tingkat stres, citra tubuh, risiko gangguan makan

ABSTRACT

During adolescence, there are changes especially psychologically. Changes that occur psychologically are usually caused by stress levels. Adolescents who experience stress levels will usually feel the desire to eat excessively or vice versa, it can affect body image, so that it can affect risk of eating disorders. This study aims to analyze the relationship between stress level and body image of with the risk of eating disorders of students during the COVID-19 pandemic at SMK Kesehatan Fahd Islamic School. The research method used is quantitative with a cross-sectional design. The research sample was students of SMK Kesehatan Fahd Islamic School using consecutive sampling technique with a total of 260 respondents. Based on the results of the statistical test chi-square, obtained p-value = 0.001 with an OR value = 7,155 for the relationship between stress levels and risk of eating disorders and obtained p-value = 0.001 with OR value = 4,932 for the relationship between body image and the risk of eating disorders. The conclusion of this study is that there is a significant relationship between the level of stress and body image with risk of eating disorders with among adolescents at SMK Kesehatan Fahd Islamic School during the COVID-19 pandemic.

Keywords : stress level, body image, risk of eating disorders