

HUBUNGAN TEKANAN TEMAN SEBAYA DAN INTENSITAS PENGGUNAAN MEDIA SOSIAL INSTAGRAM DENGAN GANGGUAN MAKAN PADA REMAJA DI SMP PENGABDI SINGKAWANG

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ABSTRAK

Latar Belakang: Prevalensi berat badan kurang, berat badan berlebih, dan obesitas pada remaja semakin meningkat setiap tahun. Pada masa pubertas, remaja lebih senang menghabiskan waktu dengan teman sebaya dan saling mempengaruhi satu sama lain. Selain itu, sebagian besar remaja menggunakan media sosial berorientasi visual seperti instagram yang berdampak pada citra tubuh

Tujuan: Mengetahui hubungan tekanan teman sebaya dengan gangguan makan, intensitas penggunaan media sosial instagram dengan gangguan makan, serta tekanan teman sebaya dan intensitas penggunaan media sosial instagram pada remaja

Metode: Penelitian ini menggunakan desain *cross sectional*. Populasi berjumlah 593 orang dengan total sampel sebanyak 316 responden. Penelitian dilaksanakan di SMP Pengabdi Singkawang pada tanggal 29 Januari 2022. Instrumen penelitian menggunakan kuesioner baku EAT-26 milik Garner, *et al* (1982), kuesioner modifikasi *Peer Pressure Inventory* milik Brown and Clasen (1985) dan Intensitas Penggunaan Media Sosial milik Ria Sabekti (2019). Analisis univariat menggunakan distribusi frekuensi, bivariat menggunakan korelasi *Pearson Product Moment*, dan multivariat menggunakan uji regresi linier berganda

Hasil: Analisis bivariat antar tekanan teman sebaya dengan gangguan makan menunjukkan $\rho = 0,000$; intensitas penggunaan media sosial instagram dengan gangguan makan menunjukkan $\rho = 0,000$. Analisis multivariat menunjukkan hasil $\rho = 0,000$

Kesimpulan: Terdapat hubungan tekanan teman sebaya dengan gangguan makan, intensitas penggunaan media sosial instagram dengan gangguan makan, serta tekanan teman sebaya dan intensitas penggunaan media sosial instagram

Kata Kunci: tekanan teman sebaya, intensitas penggunaan media sosial instagram, gangguan makan, remaja SMP

RELATIONSHIP BETWEEN PEER PRESSURE AND INTENSITY OF SOCIAL MEDIA INSTAGRAM USAGE WITH EATING DISORDER IN ADOLESCENT AT PENGABDI JUNIOR HIGH SCHOOL SINGKAWANG

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ABSTRACT

Background: The prevalence of underweight, overweight, and obesity in adolescents is increasing every year. At puberty, adolescent prefer to spend time with their peers and influence each other. In addition, most adolescent use visually oriented social media such as Instagram which has an impact on body image

Objectives: Knowing the relationship between peer pressure and eating disorders, intensity of social media instagram usage with eating disorders, peer pressure and intensity of social media instagram usage in adolescents

Methods: This study used a cross sectional design. The population is 593 people with a total sample of 316 respondents. The research was conducted at Pengabdi Junior High School Singkawang on January 29, 2022. The research instrument used the standard EAT-26 questionnaire belonging to Garner, et al (1982), the modified Peer Pressure Inventory questionnaire belonging to Brown and Clasen (1985) and the Intensity of Social Media Use belonging to Ria Sabekti (2019). Univariate analysis using frequency distribution, bivariate using Pearson Product Moment, and multivariate using multiple linear regression test

Results: Bivariate analysis of peer pressure with eating disorders showed $\rho = 0.000$; intensity of social media instagram usege with eating disorders showed $\rho = 0.000$. Multivariate analysis showed the result $\rho = 0.000$

Conclusion: There is a relationship between peer pressure and eating disorders, the intensity of social media instagram usage and eating disorders, peer pressure and intensity of social media instagram usage in adolescents

Keywords: peer pressure, intensity of social media instagram usage, eating disorder, junior high school adolescent