

# Hubungan Celebrity Worship, Body image, dan Faktor Lainnya Terhadap Risiko Eating Disorders pada Remaja Putri Penggemar K-Pop di Daerah Khusus Jakarta Tahun 2025 = The Relationship of Celebrity Worship, Body Image, and Other Factors to the Risk of Eating Disorders in Adolescent Female K-Pop Fans in Daerah Khusus Jakarta in 2025

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## Abstrak

Eating disorders merupakan gangguan pola makan yang berlangsung terus-menerus dan berdampak pada kesehatan fisik maupun fungsi psikososial. WHO (2019) memperkirakan terdapat 14 juta kasus eating disorders secara global, dengan 3 juta di antaranya dialami oleh anak-anak dan remaja. Penelitian ini bertujuan untuk mengetahui hubungan antara celebrity worship, body image, dan faktor lainnya dengan risiko eating disorders pada remaja putri penggemar K-Pop di Daerah Khusus Jakarta tahun 2025. Penelitian ini menggunakan pendekatan kuantitatif dengan desain studi cross-sectional. Data dikumpulkan secara daring melalui kuesioner online yang diisi oleh 160 responden. Sebanyak 85% responden teridentifikasi memiliki risiko eating disorders, dengan rincian 33,8% risiko anorexia nervosa, 1,9% bulimia nervosa, 2,5% binge-eating disorder, dan 46,9% other specified feeding or eating disorders (OSFED). Analisis bivariat menunjukkan bahwa terdapat hubungan yang signifikan antara body image, pengaruh teman sebaya, pengaruh keluarga, pengaruh media sosial, dan tingkat stres dengan risiko eating disorders. Sementara itu, diketahui bahwa celebrity worship, kepercayaan diri, dan pengetahuan gizi tidak memiliki hubungan yang signifikan dengan risiko eating disorders. Untuk meminimalisasi risiko eating disorders, dibutuhkan intervensi edukatif mengenai pentingnya persepsi tubuh yang sehat, kemampuan mengelola stres, dan kesadaran dalam bermedia sosial yang bijak, termasuk dalam menyaring pengaruh tren K-Pop yang sangat populer di kalangan remaja.

.....Eating disorders are persistent eating behaviour disturbances that negatively affect both physical health and psychosocial functioning. According to the World Health Organization (2019), an estimated 14 million cases of eating disorders occurred globally, with 3 million affecting children and adolescents. This study aims to examine the relationship between celebrity worship, body image, and other influencing factors with the risk of eating disorders among female adolescents who are K-Pop fans in Daerah Khusus Jakarta in 2025. A quantitative approach was used with a cross-sectional study design. Data were collected online through a questionnaire completed by 160 respondents. Results showed that 85% of respondents were at risk for eating disorders, comprising 33.8% at risk for anorexia nervosa, 1.9% for bulimia nervosa, 2.5% for binge-eating disorder, and 46.9% for other specified feeding or eating disorders (OSFED). Bivariate analysis revealed significant associations between body image, peer influence, family influence, social media exposure, and stress levels with the risk of eating disorders. On the other hand, celebrity worship, self-esteem, and nutritional knowledge were not significantly associated with eating disorder risk. To reduce the risk of eating disorders, educational interventions are needed to promote healthy body perception, effective stress management, and critical awareness in social media use, including discerning the influence of K-Pop trends, which are highly prevalent among adolescents.