

The Relationship Between Mukbang Watching Habits and Eating Disorder Risk in Politeknik Negeri Jember's Female Students

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ABSTRACT

Eating disorders is a nutritional problem that is prone to occur among adolescent girls that characterized by pathological disorders of attitudes and behavior related to food. One of the factors that cause eating disorders is media and internet exposure, such as the habit of watching mukbang. Mukbang is an eating broadcast hosted by a Broadcast Jockey (BJ) who consumes a variety of foods in large quantities. The purpose of this study was to determine the relationship between mukbang watching habits and eating disorder risk in Politeknik Negeri Jember's female students. The design of the study was observational analytic research with a cross-sectional approach. The subjects used were 105 Politeknik Negeri Jember's female students who were selected using the Convenience Sampling technique. The data collected by distributing Google form questionnaires via Whatsapp. The instruments used were Persetujuan Sebelum Penjelasan (PSP), Informed Consent, subject characteristic questionnaires, mukbang questionnaires and EAT-26 questionnaires. The data obtained were statistically analyzed using the Chi-Square test. The results showed that most of the respondents, 86 female students (81,9%), had a high habit of watching mukbang. The female students who had a high risk of eating disorders are 42,9%. The results of the analysis showed that there was no significant relationship between mukbang watching habits and eating disorders risk ($p = 0.661$). The conclusion is that there is no relationship between mukbang watching habits and eating disorders risk in Politeknik Negeri Jember's female students.

Keywords: Mukbang, Eating Disorders, Female Student