

DAFTAR PUSTAKA

- Adiputra, I., Trisnadewi, N., Otaviani, N., Munthe, S., Hulu, V., Badiastutik, I., Fairidi, A., Ramdany, R., Fitriani, R., Tania, P., Rahmiati, B., Lusiana, S., Susilawaty, A., Sianturi, E., dan Suryana. (2021). *Metodologi Penelitian Kesehatan*, Yayasan Kita Menulis. Denpasar: Yayasan Kita Menulis.
- Amalia, D.S., Nuzrina, R., Gifari, N., Angkasa, D., dan Sitoayu, L. (2021). Hubungan Kebiasaan Menonton Mukbang, Pengetahuan Gizi dan Tingkat Stres dengan Perubahan Perilaku Makan Negatif pada Penggemar Mukbang di Media Sosial Instagram. *Journal Of Nutrition College*, 10(2), pp. 105–111. doi:10.14710/Jnc.V10i2.29142.
- Ambrose, M. and Deisler, V. (2015). *Eating Disorders : Examining Anorexia, Bulimia, and Binge Eating*. USA: Jasmine Health.
- American Psychological Association. (2013). *Diagnostic and Statistical Manual Of Mental Disorder Edition “DSM-5”*. Washington DC : American Psychological Association.
- American Psychological Association. (2015) *APA Dictionary of Psychology*. Second Edition. Washington, DC: American Psychological Association. doi:10.5860/Choice.43sup-0728.
- Anastasopoulos, K.G. (2017). *Eating Disorders And School Community: A Clinical Case Of Adolescent Anorexia Nervosa*. In *Confronting Contemporary Educational Challenges Through Research*. Yunani: University Of Patras. pp. 62-66.
- Arcelus, J. Mitchell, A. J., Wales, J., and Nielsen, S. (2011). Mortality Rates in Patients with Anorexia Nervosa and Other Eating Disorders. *Archives Of General Psychiatry*, 68(7), pp. 724–731.

- Azrimaidaliza, A., Helmizar, H. and Yollanda, F. (2021). Meta Analysis Study Of Factors Relates Eating Disorders on Adolescents. *Jurnal Aisyah : Jurnal Ilmu Kesehatan*, 6(1), pp. 17–22. doi:10.30604/Jika.V6i1.400.
- Azwar, Saifuddin. (2013). *Penyusunan Skala Psikologi*. Yogyakarta : Pustaka Pelajar.
- Barlow, D.H., Durand, V.M. and Hofmann, S.G. (2018). *Abnormal Psychology: An Integrative Approach*. Eighth Edition. Boston: Cengage Learning.
- Barratt, E.L. and Davis, N.J. (2015). Autonomous Sensory Meridian Response (ASMR): A Flow-Like Mental State. *PeerJ*, pp. 1–17. doi:10.7717/Peerj.851.
- Beale, Leslie. (2017). *Human Disease and Health Promotion*. New Jersey: John Wiley & Sons.
- Brown, J., Lechtenberg, E., Murtaugh, M., Splett, P., Stang, J., Wong, R., Kaiser, L., Bowser, E., Leonberg, B., and Sahyoun, N. (2017). *Nutrition Through The Life Cycle*. Boston: Cengage Learning.
- Cass, K., McGuire, C., Bjork, I., Sobotka, N., Walsh, K., and Mehler, P. S. (2020). Medical Complications Of Anorexia Nervosa. *Psychosomatics*, 61(6), pp. 625–631. doi:10.1016/J.Psym.2020.06.020.
- Chairani, Lisya. (2018). Body Shame dan Gangguan Makan Kajian Meta-Analysis. *Buletin Psikologi*, 26(1), pp. 12–27.
- Chesney, E., Goodwin, G.M. and Fazel, S. (2014). Risks Of All-Cause and Suicide Mortality in Mental Disorders: A Meta-Review. *World Psychiatry*, 13(2), pp. 153–160. doi:10.1002/Wps.20128.
- Choe, Hanwool. (2019). Eating Together Multimodally: Collaborative Eating in Mukbang, A Korean Livestream Of Eating. *Language In Society*, 48(2), pp. 1–38. doi:10.1017/S0047404518001355.

- Churruca, K., Ussher, J.M., Perz, J., and Rapport, F. (2020). “It’s Always About the Eating Disorder” : Finding the Person Through Recovery-Oriented Practice for Bulimia. *Culture, Medicine and Psychiatry*, 44(2), pp. 286–303.
- Cusido, Carmen. (2019). *Coping with Eating Disorders*. First Edition. New York: Rosen YA.
- Da Mee, K., Bo Mi, K. and Kyung Hee, K. (2022). The Mediating Effects of Food Content Watching Motivation on the between Watching Time and Nutrition Quotient of Adolescents in Seoul, Korea. *Nutrients*, 14(19), pp. 1–12.
- Donnar, G. (2017). ‘Food Porn’ or Intimate Sociality: Committed Celebrity and Cultural Performances Of Overeating in Meokbang. *Celebrity Studies*, 8(1), pp. 122–127. doi:10.1080/19392397.2016.1272857.
- Elisanti, A.D. dan Ardianto, E.T. (2020). *Dasar-Dasar Metodologi Penelitian Kuantitatif Bidang Kesehatan*. Jember: Polije Press.
- Fayasari, A., Nur Gustianti, M. dan Khasanah, T.A. (2022). Perilaku Menonton Mukbang dan Preferensi Makanan Mahasiswa di Jakarta. *Poltekita : Jurnal Ilmu Kesehatan*, 16(2), pp. 220–227.
- Fuadah, Lutfi. (2021). *Hubungan Citra Tubuh dengan Gangguan Makan pada Remaja Awal di Wilayah Kerja Puskesmas Gamping 2 Sleman Yogyakarta*. [Skripsi]. Universitas Jenderal Achmad Yani Yogyakarta.
- Galmiche, M., Déchelotte, P., Lambert, G., and Tavolacci, M. P. (2019). Prevalence Of Eating Disorders Over The 2000-2018 Period: A Systematic Literature Review. *American Journal Of Clinical Nutrition*, 109(5), pp. 1402–1413. doi:10.1093/Ajcn/Nqy342.
- Goutama, Ivon L. (2016). Pendekatan Klinis Binge Eating Disorder. *CDK-247*, 43(12), pp. 901–904.

- Harrington, B.C. and Jimerson, M. (2015). Initial Evaluation, Diagnosis, and Treatment Of Anorexia Nervosa and Bulimia Nervosa. *American Family Physician*, 91(1), pp. 46–53.
- Hasna, Afina. (2021). Diagnosis dan Tatalaksana Bulimia Nervosa. *Jurnal Medika Hutama*, 2(4), Pp. 1218–1222.
- Hong, S. and Park, S. (2017). Internet Mukbang (Foodcasting) In South Korea In Ilana Eleá And Lothar Mikos (Eds.) *Young & Creative, Digital Technologies Empowering Children In Everyday Life*. Gothenburg: Nordicom.
- Hootsuite. (2022). Indonesian Digital Report 2022. Diakses pada tanggal 5 Agustus 2022, dari <https://andi.link/hootsuite-we-are-social-indonesian-digital-report-2022/>
- Howard, L.M., Heron, K.E. and Veltri, C.O.C. (2022). Development and Initial Validation of an Underreporting of Disordered Eating Behaviors Scale. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 27(3), pp. 1039–1052.
- Ioannidis, K. and Chamberlain, S.R. (2021). Digital Hazards For Feeding and Eating: What We Know and What We Don't. *Current Psychiatry Reports*, 23(56), pp. 1–8. doi:10.1007/S11920-021-01271-7.
- Iqbal, M. dan Puspaningtyas, D.E. (2018). *Penilaian Status Gizi ABCD*. Jakarta: Salemba Medika.
- Ismayanti, Digahayu. (2019). Hubungan Persepsi Bentuk Tubuh, Gangguan Makan, Pengetahuan Gizi dan Asupan Makanan dengan Status Gizi pada Remaja Putri di Sanggar Ayodya Pala. *ARGIPA (Arsip Gizi dan Pangan)*, 4(2), pp. 74–84.
- Jarc, James. (2020). *Young and Creative: Digital Technologies Empowering Children In Everyday Life*. Ilana Eleá, Communication Research Trends. Ilana Eleá. Nordicom: The International Clearinghouse On Children, Youth And Media

- Kang, E., Lee, J., Kim, K.H., and Yun, Y. (2020). The Popularity Of Eating Broadcast: Content Analysis Of ‘Mukbang’ Youtube Videos, Media Coverage, and The Health Impact Of ‘Mukbang’ on Public. *Health Informatics Journal*, 26(3), pp. 2237–2248. doi:10.1177/1460458220901360
- Kementerian Kesehatan Republik Indonesia. (2014). Peraturan Menteri Kesehatan Republik Indonesia Nomor 41 tahun 2014 tentang Pedoman Gizi Seimbang. Jakarta: Departemen Kesehatan Republik Indonesia.
- Khairani, Yulia. (2021). Fenomena Mukbang Dalam Perspektif Al-Qur’an Menurut Wahbah Az-Zuhali. [Skripsi]. Universitas Islam Negeri Sultan Syarif Kasim Riau.
- Kircaburun, K., Yurdagül, C., Kuss, D., and Emirtekin, E. (2020). Problematic Mukbang Watching and Its Relationship-To Disordered Eating and Internet Addiction : A Pilot Study Among Emerging Adult Mukbang Watchers. *International Journal Of Mental Health and Addiction*, 19, pp. 2160–2169.
- Kurniawan, M.Y., Briawan, D. dan Caraka, R.E. (2015). Persepsi Tubuh dan Gangguan Makan pada Remaja. *Jurnal Gizi Klinik Indonesia*, 11(3), pp. 105–114.
- Lasègue, E.C. (2013). On Hysterical Anorexia. *Dialogues In Philosophy, Mental And Neurosciences*, 9(1), Pp. 24–31.
- Mandira, T.M., Efenti, V.R. dan Chasani, S. (2021). Hubungan Komunikasi Dosen Pembimbing dengan Tingkat Stres Mahasiswa Keperawatan dalam Menyusun Tugas Akhir di STIKES Widya Dharma Husada Tangerang,” *Edu Dharma Journal: Jurnal Penelitian Dan Pengabdian Masyarakat*, 5(2), pp. 83–93. doi:10.52031/Edj.V5i2.179.
- Margawati, A., Wijayanti, H.S., Faizah, N.A., dan Syaher, M.I. (2020). Hubungan Menonton Video Mukbang Autonomous Sensory Meridian Response, Keinginan Makan dan Uang Saku dengan Asupan Makan dan Status Gizi

- Mahasiswa. *Jurnal Gizi Indonesia*, 8(2), pp. 102–109.
doi:10.14710/Jgi.8.2.102-109.
- Masturoh, I. dan Anggita, N. (2018). *Metodologi Penelitian Kesehatan*. Jakarta: Kementerian Kesehatan Republik Indonesia.
- Mayasari, A.T., Febriyanti, H. dan Primadevi, I. (2021). *Kesehatan Reproduksi Wanita di Sepanjang Daur Kehidupan*. Aceh: Syiah Kuala University Press.
doi:10.52574/Syiahkualauniversitypress.231.
- Merita, Hamzah, N. dan Djayusmantoko. (2020). Persepsi Citra Tubuh, Kecenderungan Gangguan Makan dan Status Gizi pada Remaja Putri di Kota Jambi. *Journal of Nutrition College*, 9(2), pp. 81–86.
- Moncrieff-Boyd, J. (2016). Anorexia Nervosa (Apepsia Hysterica, Anorexia Hysterica), Sir William Gull, 1873. *Advances In Eating Disorders*, 4(1), pp. 112–117. doi:10.1080/21662630.2015.1079694.
- Ngqangashe, Y., Maldoy, K., De Backer, C.J.S., and Vandebosch, H. (2022). Exploring Adolescents' Motives for Food Media Consumption Using The Theory of Uses and Gratifications. *Communications*, 47(1), pp. 1–20.
- Ningrum, Jawi.Y. (2021). Hubungan Persepsi Citra Tubuh dengan Risiko Gangguan Makan pada Mahasiswi Fakultas Ilmu Kesehatan Universitas Muhammadiyah Surakarta.[Skripsi]. Universitas Muhammadiyah Surakarta.
- Pamelia, Icha. (2018). Perilaku Konsumsi Makanan Cepat Saji pada Remaja dan Dampaknya bagi Kesehatan. *Jurnal Ikesma*, 14(2), pp. 144–153.
doi:10.19184/Ikesma.V14i2.10459.
- Papini, N., Jung, M., Cook, A., Lopez, N., Ptomey, L., Herrmann, S., and Kang, M. (2021). Psychometric Properties Of The 26-Item Eating Attitudes Test (EAT-26): An Application Of Rasch Analysis. *Journal Of Eating Disorders*, pp. 1–23.

- Pike, K.M. and Dunne, P.E. (2015). The Rise Of Eating Disorders In Asia: A Review. *Journal Of Eating Disorders*, 3(33), pp. 1–14. doi:10.1186/S40337-015-0070-2.
- Priantoro, H. (2017). Hubungan Beban Kerja dan Lingkungan Kerja dengan Kejadian Burnout Perawat dalam Menangani Pasien BPJS. *Jurnal Ilmiah Kesehatan*, 16(3), pp. 9–16. doi:10.33221/Jikes.V16i3.33.
- Pujiati, A. dan Rahmalia, S. (2015). Hubungan antara Perilaku Makan dengan Status Gizi Pada Remaja Putri. *JOM*, 2(2), pp. 1345–1352.
- Qurrun'in, A., Hastuti, R. dan Untung, S. (2021). Bagaimana Persepsi Remaja Pengguna Media Online Mengenai Kehidupan Seksual Pranikah. Dalam Psikologi Remaja. pp. 9–10. Yogyakarta: ANDI.
- Rahman, N., Dewi, N.U. dan Armawaty, F. (2016). Faktor-Faktor yang Berhubungan dengan Perilaku Makan Pada Remaja SMA Negeri 1 Palu. *Jurnal Preventif*, 7(1), pp. 1–64.
- Rares BPS, Punduh MI, dan Malonda NSH. (2022). Gambaran Perilaku Makan pada Mahasiswi Fakultas Kesehatan Masyarakat Universitas Sam Ratulangi. *Jurnal KESMAS*; 11(2), pp 143–150
- Resti, S.N. (2018). Korelasi Menonton Mukbang Pada Pembentukan Persepsi Tata Cara Makan (Studi Terhadap Followers Akun Instagram @Mukbang.Videos). [Skripsi]. Universitas Lampung.
- Sachs, K., Andersen, D., Sommer, J., Winkelman, A., and Mehler, P. S.. (2015). Avoiding Medical Complications During The Refeeding Of Patients with Anorexia Nervosa,. *Eating Disorders*, pp. 1–11. doi:10.1080/10640266.2014.1000111.
- Saleh, R.N., Salameh, R.A., Yhya, H.H., and Sweileh, W.M. (2018). Disordered Eating Attitudes in Female Students of An-Najah National University: A Cross-Sectional Study. *Journal of Eating Disorders*, 6(16), pp. 1–6.

- Sathyapriya, B., Lakshmanan, P., Sumathy, G., Koshy, J., Chandrakala, B., and Gokulalakshmi, E. (2018). Bulimia Nervosa-A Psychiatric Eating Disorder. *Acta Scientific Medical Sciences*, 2(2), pp. 21–26.
- Saxena, Anjali. (2017). The Impact Of Nutrition On The Overall Quality Of Life Adolescent Girls Are Living Across The City Of Kota. *International Journal Of Life Sciences*, 1(1), pp. 40–48. doi:10.21744/Ijls.V1i1.21.
- Schaumberg, K., Welch, E., Breithaupt, L., Hübel, C., Baker, J., Munn-Chernoff, M., Yilmaz, Z., Ehrlich, S., Mustelin, L., Ghaderi, A., Hardaway, A., Bulik-Sullivan, E., Hedman, A., Jangmo, A., Nilsson, I., Wiklund, C., Yao, S., Seidel, M., and Bulik, C. (2017). The Science Behind The Academy For Eating Disorders' Nine Truths About Eating Disorders. *European Eating Disorders Review*, 25(6), pp. 432–450. doi:10.1002/Erv.2553.
- Setiono, I.A. dan Wiyatmo, Y. (2018). Pengembangan Perangkat Pembelajaran Berbasis Model Pembelajaran Kooperatif Tipe Numbered Head Together untuk Meningkatkan Motivasi dan Hasil Belajar Fisika Peserta Didik SMA. *Jurnal Pendidikan Fisika*, 7(2), pp. 120–128.
- Sheehan, D. V. and Herman, B.K. (2015). The Psychological and Medical Factors Associated with Untreated Binge Eating Disorder. *Prim Care Companion Cns Disord*, 17(2). doi: <https://doi.org/10.4088/pcc.14r01732>.
- Spence, C., Mancini, M. and Huisman, G. (2019). Digital Commensality: Eating and Drinking in The Company Of Technology. *Frontiers In Psychology*, 10(2252), pp. 1–16. doi:10.3389/Fpsyg.2019.02252.
- Steinberg, B.J. (2014). Medical and Dental Implications Of Eating Disorders,” *Journal Of Dental Hygiene*, 88(3), pp. 156–159.
- Strand, M. and Gustafsson, S.A. (2020). Mukbang and Disordered Eating: A Netnographic Analysis of Online Eating Broadcasts. *Culture, Medicine And Psychiatry*, 44(4), pp. 586–609. doi:10.1007/S11013-020-09674-6.

- Sugiyono. (2018). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: Alfabeta.
- Sunarti, S., Nugroho, P.S., Kurniasari, L., Febriyanto, K., Rahman, F. F., Winarti, Y., Dianandari, A., Nurjanah, M., Setiawati, E., Utari, R. C., and Jufrianto, A. (2021). The Correlation Between Youtube (Eat And Food Content) and Students' Obesity at Universitas Muhammadiyah Kalimantan Timur. *Annals Of Tropical Medicine And Public Health*, 24(1). doi:10.36295/Asro.2021.24106.
- Surjadi, Charles. (2013). Globalisasi dan Pola Makan Mahasiswa : Studi Kasus di Jakarta. *CDK-205*, 40(6), pp. 416–421.
- Susanti, Marchira dan Agusno (2021). Hubungan antara Kecenderungan Gangguan Psikiatri Menurut SCL- 90 dengan Eating Disorders pada Remaja di Madrasah Aliyah Negeri 1 Yogyakarta. *Jurnal Ilmiah Kohesi*, 5(2), pp. 130–136.
- Syah, M.N.H. dan Asna, A.F. (2018). Risiko Gangguan Makan dan Kejadian Anemia pada Mahasiswa Putri Program Studi S1 Gizi STIKES Mitra Keluarga. *GHIDZA: Jurnal Gizi dan Kesehatan*, 2(1), pp. 1–6.
- The EAT-26 has been reproduced with permission. Garner, D.M., Olmsted, M.P., Bohr, Y., and Garfinkel, P. E. (1982). The Eating Attitudes Test: Psychometric Features And Clinical Correlates. *Psychological Medicine*, 12(4), pp. 871–878. doi:10.1017/S0033291700049163
- Uchiyama, K. and Kawamoto, K. (2021). Audio-Visual Model For Generating Eating Sounds Using Food ASMR Videos. *IEEE Access*, 9, pp. 50106–50111. doi:10.1109/Access.2021.3069267.
- Vaterlaus, J. M., Patten, E. V., Roche, C., and Young, J. A. (2015). #Gettinghealthy: The Perceived Influence of Social Media on Young Adult Health Behaviors. *Computers In Human Behavior*, 45, pp. 151–157. doi:10.1016/J.Chb.2014.12.013.

- Wati, D.K. dan Sumarmi, S. (2017). Citra Tubuh pada Remaja Perempuan Gemuk dan Tidak Gemuk: Studi Cross Sectional. *Amerta Nutrition*, 1(4), pp. 398–405.
- Watts, Geoff. (2018). Gerald Francis Morris Russell. *The Lancet*, pp. 1620. doi:10.1016/S0140-6736(18)32605-9.
- Widiastono, A. dan Angriani, L. (2018). Analisis dan Evaluasi Sistem Informasi Geografis Pariwisata Propinsi Papua. *Ilkom Jurnal Ilmiah*, 10(1), pp. 33–37. doi:10.33096/Ilkom.V10i1.199.33-37.
- Yani, M.V.W., Pratiwi, M.S.A., Agustini, M.P.A., Yuliyatni, P.C.D., dan Supadmanaba, I.G.P. (2022). Hubungan Kejadian Eating Disorder dengan Status Gizi Remaja Putri di Denpasar, Bali. *Intisari Sains Medis*, 13(3), pp. 664–669.
- Yollanda, Ferina. (2020). Studi Meta-Analisis Faktor-Faktor yang Berhubungan dengan Gangguan Makan pada Remaja di Indonesia. [Skripsi]. Universitas Andalas.
- Yulianto, N.A.B., Maskun, M. dan Utaminingsih, A. (2018). Metodologi Penelitian Bisnis. Malang: Polinema Press.