

## **Relationship between *Body Dissatisfaction* and Intensity of Watching Korean Drama with Nutritional Status in Young Women**

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### **ABSTRACT**

*Curiosity as a teenager tends to be high and easily influenced by new things, one that has a major influence on lifestyle changes and eating behavior is Korean culture. One of the Korean cultures that is very popular among teenagers today is Korean drama. Watching Korean dramas is an activity where a person just sits, is silent and does it for a long time. In addition, young women are prone to feeling dissatisfied with their appearance or body (body dissatisfaction) after comparing their bodies to those of Korean artists. The purpose of this study to determine the relationship body dissatisfaction and the intensity of watching Korean dramas with the nutritional status of young women. This research is a quantitative research with the approach method cross sectional. The subjects used totaled 105 respondents who were obtained by Convenience Sampling. Data collection was carried out by distributing questionnaires directly. The instrument used is a questionnaire Figur Rating Scale (FRS), Body Shape Questionare (BSQ), and the Korean drama watching intensity questionnaire. The data obtained were analyzed statistically using tests Chi-Square. The results of the research show that most of the respondents have perceptions body dissatisfaction based on the results of the analysis using the FRS of 81.7% while the analysis using the BSQ of 46.2%. The majority of respondents have a high intensity of watching Korean dramas, namely 92.3%. The results of the analysis show that there is a very weak relationship between body dissatisfaction with the nutritional status of young women based on the results of analysis using the FRS ( $p = 0.019$ ), there is no relationship between body dissatisfaction with the nutritional status of young women based on the results of analysis using the BSQ ( $p = 0.273$ ), and there is no relationship between the intensity of watching Korean dramas and the nutritional status of young women ( $p = 0.254$ ).*

**Keywords:** *body dissatisfaction, Korean drama, youth, nutritional status*