

## Steoretype of the Guidance Teacher on Body Image, Anorexia Nervosa Disorder and Bulimia Nervosa among Girls (Adolescents)

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Keywords	Abstract
Steoretip; Guidance; Teacher, Body image; Anorexia nervosa disorder; Bulimia Nervosa; Girls; Adolescents	<i>Adolescent girls who have a disturbance in body image will have a negative assessment of their body condition and consider their body condition as something that is not attractive to others. the purpose of this study was to determine the guidance teacher's perspective on body image, anorexia nervosa, and bulimia nervosa disorders in girls. The research method used a literature review. Articles or journals that fit the inclusion and exclusion criteria were taken for further analysis. Screening and selection of articles were carried out systematically with criteria on aspects of (1) Steoretip; (2) Guidance Teacher; (3) Body Image; (4) Anorexia Nervosa Disorder; (5) Bulimia Nervosa; (6) Girls; (7) Adolescents. This research was conducted in 2023. The focus of the research focuses on body image, anorexia nervosa, and bulimia nervosa disorders in girls and the supervising teacher's view of eating disorders in girls. The results showed that there is a significant relationship between body image and the tendency of anorexia nervosa and bulimia nervosa in adolescent girls. The role of the guidance teacher is very important because it has social duties and responsibilities. The guidance teacher can use several types of services and supporting activities to design prevention and handling programs for students' assessment of their bodies.</i>
Kata Kunci	Abstrak
Steoretip; Guru Pembimbing; Body image; Gangguan anorexia nervosa; Bulimia nervosa; Anak perempuan	Remaja perempuan yang memiliki gangguan pada body image akan memiliki penilaian yang negatif terhadap kondisi tubuhnya dan menganggap kondisi tubuhnya sebagai sesuatu yang tidak menarik bagi orang lain. Tujuan penelitian ini adalah untuk mengetahui steoretip guru pembimbing terhadap body image, gangguan anorexia nervosa dan bulimia nervosa pada anak perempuan. Metode penelitian menggunakan literature review. Artikel atau jurnal yang sesuai dengan kriteria inklusi dan eksklusi diambil untuk selanjutnya dianalisis. Penyaringan dan seleksi artikel dilakukan secara sistematis dengan kriteria pada aspek (1) Steoretip; (2) Guidance Teacher; (3) Body Image; (4) Anorexia Nervosa Disorder; (5) Bulimia Nervosa; (6) Girls; (7) Adolescents. Penelitian ini dilaksanakan pada tahun 2023. Fokus penelitian menitikberatkan terhadap body image, gangguan anorexia nervosa dan bulimia nervosa pada anak perempuan serta pandangan guru pembimbing terhadap gangguan makan pada naka perempuan. Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara citra tubuh dengan dengan kecenderungan anorexia nervosa dan bulimia nervosa pada remaja perempuan. Peran guru pembimbing sangat penting karena memiliki tugas dan tanggung jawab secara sosial. Guru pembimbing dapat menggunakan beberapa jenis layanan dan kegiatan pendukung untuk merancang program pencegahan dan penanganan masalah penilaian siswa terhadap tubuhnya.

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## INTRODUCTION

Body image is a person's mental image of their body shape and size. Body image is an important component in human life because any disturbance in body image can have a negative psychological impact, such as feelings of inferiority and lack of confidence, eating disorders, unhealthy diet, anxiety, and even depression (Kristanti & Savira, 2021). There are two types of body image, namely positive body image and negative body image (Alidia, 2018). A positive body image is the perception of someone satisfied with their body shape, someone who has a positive body image will reflect a high acceptance of identity, self-confidence, and concern for body condition and health, while a negative body image is the perception of someone who is dissatisfied with their body shape, compares with others, and feels embarrassed and anxious about their body so that they feel dissatisfied with themselves, it becomes difficult to accept themselves as they are, responsive to praise, sensitive to criticism and pessimistic, some even go on a diet to get the desired body shape (Astini & Gozali, 2021).

Disorders in body image can be in the form of feelings of dissatisfaction with changes in body structure, shape, and function (Destiara & Hariyanto, 2017). A person who has a disturbance in body image will have a negative assessment of their body condition and consider their body condition as something that is not attractive to others. Therefore, he needs to do something to change his appearance. One of the efforts made is through dieting behavior. Negative body image can also cause eating behavior disorders (Eprillia, 2022).

When entering adolescence, especially puberty, adolescents become very concerned about weight gain, especially adolescent girls, because they experience an increase in the amount of fat tissue, so it is easy to become obese if they consume high-calorie foods (Islamy & Cahyanti, 2021). Since

the popular standard of body beauty is slim and thin, girls do not want to look fat because they think that being thin will make them happy, successful, and popular. Adolescents with eating behavior disorders have problems with their body image, they already have a mindset that their bodies are not ideal (Santoso & Putri, 2018).

Eating disorders are psychological illnesses characterized by deviant eating patterns, perceptions of body image, and concerns about weight gain (Melani et al., 2021). Excessive worry causes individuals to diet or abstain from eating strictly. If he feels hungry, he does not eat immediately but is allowed to remain hungry. If he feels successful in surviving not to eat, there will be a sense of pride, pleasure, and even satisfaction. This pattern is repeated over and over again. However, due to a lack of knowledge about good eating patterns, it disrupts their eating regulation patterns, as a result, adolescents experience eating disorders, such as anorexia and bulimia nervosa.

Anorexia nervosa is an eating disorder characterized by attempts to starve oneself and fear of becoming fat (Maranatha & Novianty, 2022). There are four diagnostic criteria for anorexia nervosa. The first criterion is a great fear of becoming fat even though the actual weight has been below normal. The second criterion is having a disturbance in accepting their weight or body shape which ultimately affects their assessment of their weight or body shape. Disorders in accepting weight or body shape also affect the assessment of anorexia nervosa sufferers of the risks that will arise if their weight remains below normal (the seriousness of the disease). The third criterion is refusing to maintain body weight by age and height. A person can be said to suffer from anorexia nervosa if they lose at least 15% of their normal body weight. The fourth criterion is that women will experience disturbances in their menstrual cycle which usually occur before drastic weight loss (Virgandiri et al., 2020). This menstrual cycle disorder is characterized by the absence of menstruation at least 3

times in a row according to the cycle. Patients with anorexia nervosa have a distorted body image. Their body, which is only wrapped in skin, is still seen as too fat, so they have to try to lose it to reach a weight that they consider ideal (Putrikita, 2021). Weight loss is done because the self-esteem of anorexia nervosa sufferers is very dependent on body weight and size. The method taken to lose weight is usually through dieting, which is reducing or refusing to eat high-calorie foods. Other ways to lose weight include using laxatives and exercising extra hard.

Bulimia nervosa is an eating disorder characterized by an attempt by oneself to regurgitate the food that has been eaten before (Melani et al., 2021). Bulimia nervosa consists of four characteristics, first, eating large amounts of food and then vomiting. Second, after eating a lot of food then vomiting forcibly with medication, fasting, and excessive exercise. Third, eating a lot of excess food and regurgitating it is done twice a week and at least within three weeks. Fourth, bulimia nervosa people evaluate their bodies by looking at body image indicators and weight (Maria et al., 2021). Overeating is a break in strict control over the food intake of bulimia-nervous sufferers.

Based on the preliminary study above, the purpose of this research is to find out the guidance teacher's perspective on body image, anorexia nervosa, and bulimia nervosa disorders in girls. The focus of this research focuses on the role of guidance teachers in assessing and viewing body image, anorexia nervosa, and bulimia nervosa disorders in girls.

## METHOD

The research method uses a literature review. Literature review is research that examines or critically reviews the knowledge, ideas, or findings contained in the body of academic-oriented literature, and formulates its theoretical and methodological contributions to a particular topic (Van Lange Paul et al., 2015). The nature of this article is

descriptive analysis, which is an organized description of the data that has been obtained, then given an understanding and explanation so that it can be well understood by the reader.

This research was conducted in 2023. The focus of the research focuses on body image, anorexia nervosa, and bulimia nervosa disorders in girls and the supervising teacher's view of eating disorders in girls. The search for publication articles guidance service was carried out on Google Scholar, PubMed, and Research Gate, using the keywords body image, Anorexia Nervosa Disorder, and Bulimia Nervosa in English and Indonesian. Articles or journals that fit the inclusion and exclusion criteria were taken for further analysis. This literature review uses literature that can be accessed in full text in pdf format and scholarly (peer-reviewed journals). The criteria for the journals reviewed were research journal articles in Indonesian and English with the variables of body image and eating disorders in adolescents.

## RESULTS AND DISCUSSION

### Result

The results of the literature review on the articles that have been collected found a relationship between body image and eating disorders, especially negative body image. Each result found produces three major themes, namely) Anxiety and delusions about body image in anorexia nervosa sufferers are related to eating disorder pathology and dissatisfaction with body shape, while in bulimia nervosa sufferers, body image delusions are related to anxiety about weight gain and the tendency to regurgitate food that has been eaten; 2) Eating disorders are mental or psychological disorders; 3) Internet and social media use leads to the risk of negative body image and eating disorders.

The findings suggest that body image delusions in anorexia nervosa are associated with restrictive eating pathology and body dissatisfaction. While certain psychological factors, such as

insecurity and fear of weight gain and body size. Eating disorders are associated with insecurity and lack of self-acceptance. Social anxiety, perceived body image, and depression can be considered predictors of bulimia and anorexia in the adolescent population. Comprehensively, the results of the literature review show that the higher

a person's body image, the higher the total score of eating disorders, which means that the more positive the body image, the lighter the risk of eating disorders.

The following literature review results have been classified by researchers according to the purpose and focus of the study:

**Table 1.** Data Analysis Matrix on Articles Used in the Literature Review

No.	Author, Title, Journal	Method Design	Results
1.	Ramanda, R., Akbar, Z., & Wirasti, R. M. K. (2019). Studi kepustakaan mengenai landasan teori body image bagi perkembangan remaja. <i>JURNAL EDUKASI: Jurnal Bimbingan Konseling</i> , 5(2), 121-135.	Library research	Body image for adolescent development as a whole includes: 1) definition of body image, 2) components of body image, 3) aspects of body image, 4) factors that influence body image, 5) body image for adolescent development.
2.	Anisykurli, M. I. (2022). Kecemasan sosial pada remaja: Bagaimana peranan body image?. <i>INNER: Journal of Psychological Research</i> , 2(3), 263-273.	Quantitative research	There is a highly significant negative relationship between body image and social anxiety in late adolescents.
3.	Caspi, A., Amiaz, R., Davidson, N., Czerniak, E., Gur, E., Kiryati, N., ... & Stein, D. (2017). Computerized assessment of body image in anorexia nervosa and bulimia nervosa: comparison with standardized body image assessment tool. <i>Archives of women's mental health</i> , 20, 139-147.	Quantitative research	The use of the CABI in the comparison of body image disturbances in patients with EDs vs. controls. Moreover, the use of different assessment tools allows for a better understanding of the differences in body image disturbances in different ED types.
4.	Fitriyah, L., & Rokhmawan, T. (2019). " You're fat and not normal!" From Body Image to Decision of Suicide. <i>Indonesian Journal of Learning Education and Counseling</i> , 1(2), 102-118.	Literature Review	it seems that the habit of mocking and humiliating someone who is overweight, which we often face every day and is considered normal, can be a more serious problem. Being slim and fat is an option, but setting it as a normal standard can bring stereotypical havoc
5.	Santoso, M. B., & Putri, D. (2018). Gangguan makan anorexia nervosa dan bulimia nervosa pada remaja. <i>Prosiding Penelitian Dan Pengabdian Kepada Masyarakat</i> , 4(3), 399-407.	Literature Review	the girls find a way out in order to have the ideal physical appearance, one is to change eating habits are generally distorted. Improper eating habits can result in eating disorders or disordered eating can be bad for teens.
6.	Prahara, S. A. (2014). Peran kecenderungan kecenderungan kepribadian narsistik terhadap kecenderungan anorexia nervosa pada model perempuan. <i>Jurnal SosioHumaniora</i> , 5(1).	Quantitative research	There is a highly significant positive relationship between anorexia nervosa tendencies in female models and narcissistic personality tendencies.

No.	Author, Title, Journal	Method Design	Results
7.	Hendrawati, H., Amira, I., Maulana, I., & Senjaya, S. (2022). Gangguan makan dan perilaku bunuh diri pada remaja: Sebuah tinjauan literatur. <i>Holistik Jurnal Kesehatan</i> , 16(6), 529-541.	Scoping review	Eating disorder and suicidal behavior are interconnected.
8.	Anindita, S. M. (2021). Model remaja putri: Body image dan bulimia nervosa. <i>Muqoddima Jurnal Pemikiran Dan Riset Sosiologi</i> , 2(1), 19-36.	Quantitative research	The positive body image in teenage girl model not allowed with decreasing the tendency of bulimia nervosa significantly
9.	Kurniawan, M. Y., Briawan, D., & Caraka, R. E. (2015). Persepsi tubuh dan gangguan makan pada remaja. <i>Jurnal Gizi Klinik Indonesia</i> , 11(3), 105-114.	Cross Sesctional Study	There is a significant relationship between body perception on the anxiety subscale of being fat and eating disorders. However, there is no significant relationship significant relationship in other subscales
10.	Shabah, Z. M. T., & Dhanny, D. R. (2021). Persepsi Tubuh dan Bulimia Nervosa pada Remaja Putri. <i>Muhammadiyah Journal of Nutrition and Food Science (MJNF)</i> , 1(2), 48-53.	Literature Review	Behavioral aspects that influence the incidence of bulimia nervosa eating disorder are physical appearance, appearance orientation, satisfaction with body parts, desire to realize the ideal body, body size categorization, anxiety about being fat, eating disorder behavior.
12.	Chairani, L. (2018). Body Shame dan Gangguan Makan Kajian Meta-Analisis. <i>Buletin Psikologi</i> , 26(1), 12-27.	Meta-Analysis Review	The role of body shame in the vulnerability, emergence and persistence of eating disorders is stronger than the concept of shame in general.
13.	Merita, M., Hamzah, N., & Djayusmantoko, D. (2020). Persepsi citra tubuh, kecenderungan gangguan makan dan status gizi pada remaja putri di Kota Jambi. <i>Journal of Nutrition College</i> , 9(2), 81-86.	Cross Sectional Study	Most adolescent girls have a positive body image and do not have a tendency to eating disorders and normal nutritional status. Therefore, adolescent girls must be confident in their current body condition so as not to lead to eating disorders and cause nutritional problems.

## Discussion

Based on the results of the literature review that has been collected and analyzed, the research results can be found through the following discussion:

### 1. Anxiety and Delusions about Body Image as Pathology of Eating Disorders

Eating disorders are the result of a complex interplay of several factors, such as heredity, brain function, personality, traits, family, and socio-cultural factors. According to sociocultural theory, society contributes a lot to an individual's perception of his or her physical form. According to these theorists, there is a cultural emphasis on thinness,

slimness, and flexibility in the female body and firmness and muscularity in the male body. Thus, adolescent individuals tend to perceive themselves as unattractive unless they conform to society's physical ideals. A person's reaction to the gap between their ideal self and their perceived true self can be distressing and depressing and so they seek to reduce this gap. To overcome the dissatisfaction with oneself and lack of self-confidence caused by societal standards and the desire for social popularity, individuals tend to diet incorrectly. People with a negative understanding of body image will have negative emotions in different situations, such as internal shame or self-loathing when they see themselves as inferior to others.

Similarly, external shame and feelings of social anxiety can lead to depression and feelings of anxiety about how others judge them. Alternatively, they experience depression and helplessness due to personal failure in achieving beauty ideals and standards, thus shutting themselves off from social interactions.

On the other hand, people who score higher on the depression scale are more likely to find negative situations due to depression causing them to suffer from thinking harder than others about body shape and weight. As depression worsens the situation, social anxiety increases, and body evaluations become more negative. The increase in a person's score in social anxiety is associated with avoidance of situations where they may be evaluated and judged by others regarding their body shape and weight. This is due to the presence of negative thoughts and orientations associated with depression, weakness in self-image and self-esteem, anxiety, lack of skills in interpersonal relationships, fear of rejection, and shyness. All these factors cause a person to make plans to free themselves from bad experiences. Thus, they resort to obsessive measures to further restrict their diet to be able to achieve their ideal body. This leads to an increase in the scores of people with eating disorders (bulimia and anorexia nervosa).

## 2. Eating Disorders as Mental (Psychological) Disorders

Eating disorders is a term that refers to a set of psychological illnesses characterized by abnormal eating habits. Eating disorders involve abnormal amounts of food consumed (too little or too much), or abnormal attitudes towards eating or food. Over- or under-eating can be detrimental to an individual's health, both physically and mentally, and is therefore considered an eating disorder.

The most commonly experienced eating disorders are bulimia nervosa and anorexia nervosa. Anorexia nervosa involves restricting food consumption to an extreme degree, leading to extreme weight loss and starvation. Significant weight loss

can interrupt (or completely stop) a woman's menstrual cycle. Bulimia nervosa, on the other hand, involves a combination of binge eating and purging. Purging is usually done through excessive exercise, making oneself vomit, using enemas, diuretics (allowing the kidneys to excrete more urine), and taking laxatives to empty the bowels.

In addition, the use of the internet and social media leads to the risk of negative body image and eating disorders. The internet and social media present several physical characteristics that may theoretically lead individuals to have body image disorders and eating disorders. The content displayed may contain messages that the ideal body shape of popular people is to have a thin body. This leads to misperceptions regarding body image and eating disorders. The internet and social media are highly visual settings and encourage users to create profiles on various platforms, filled with photographs, to present themselves to other users. The attractiveness of individuals in online profiles has been suggested to influence popularity and the number and type of online interactions. Furthermore, women have been shown to use attractiveness as one of the main criteria for their social media profile photos.

## 3. The Role of the Guidance Teacher

The existence of guidance teacher has functions and responsibilities for the development of children, starting from making programs, implementing programs, evaluating programs, analyzing the results of program implementation to following up on the implementation of the Guidance and Counseling program. Guidance teachers have a special task to provide Guidance and Counseling services to all students, especially in helping students overcome the problems they face and efforts to empower and develop all their potential. This is by the service function. The role of the guidance teacher has four functions (1) an understanding function which includes an understanding of the student's self, an understanding of the

student's environment, and an understanding of the wider environment; (2) a prevention function that will result in preventing or avoiding students from various problems that may arise; (3) an alleviation function that will result in the alleviation or resolution of various problems experienced by students; (4) a maintenance and development function that results in the maintenance and development of various positive potentials of students in the context of their steady and sustainable development.

It is clear that the guidance teacher, in collaboration with other school elements, is responsible for the implementation of the above functions. About the problem of students' assessment of their bodies, the supervising teacher should understand, prevent, and alleviate it through the provision of Guidance and Counseling services. The guidance service function can be realized through various types of guidance services and supporting activities guided by guidance services based on a settled insight and knowledge of guidance service.

For the service to show good results, it is necessary to arrange and formulate the service program in such a way that it is useful in helping students who receive the assistance. Regarding handling the problem of students' assessment of their bodies, the supervisor can use several types of services and supporting activities to design a program to prevent and handle the problem of students' assessment of their bodies.

From a social perspective, the role of the guidance teacher is very important because it has a social developmental task. Emotional immaturity, unpreparedness, and the inability of children to make adjustments make it difficult for children to be actively involved in the social environment. The guidance teacher's role is to make observations, seek information, approach children, and think of effective ways that can be used so that children can adjust to their environment. Various examples of children who are neglected at home and neglected at school make them withdraw from their envi-

ronment, at certain times they experience problems that they think are heavy making children commit harmful acts. When teachers understand the emotional, psychological, and behavioral changes of children, negative behavior can be prevented, children can be overcome and there are opportunities for children to be active and productive again.

The next health balance is spiritual. This aspect is one of the foundations for children to believe in their existence, as well as how to behave politely and positively. The role of the guidance teacher is to provide meaningfulness of self and its meaning. Not comparing good and bad and the most needed is to teach self-acceptance. Guidance teachers who can guide children well for children mean helping children build their identities.

The important thing in mental health is acceptance. Accepting each child's uniqueness, accepting the strengths and limitations of the child, and accepting any criticism and suggestions given to the teacher. The guidance teacher is not a great individual but, because of their merit, they will produce a great individual

## CONCLUSION

Adolescent girls are at risk of eating disorders if they have a negative body perception. Thus, it can be understood that individuals with a negative body image have a risk of experiencing eating disorder tendencies. The results of the literature review show that there is a significant relationship between body image and the tendency of anorexia nervosa and bulimia nervosa in adolescent girls. The results of the research and literature review in the journals reviewed show similar themes. So, it can be concluded that there is a significant relationship between body image and eating disorder tendencies.

The role of the guidance teacher is very important because it has social duties and responsibilities. Dealing with the problem of students' assessment of their bodies, mentors can use several types of services and supporting activities to design pre-

vention and treatment programs for students' assessment of their bodies.

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