

Perilaku makan menyimpang pada pramugari di beberapa maskapai penerbangan Indonesia tahun 2011

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Abstrak

Ada tiga kategori PMM yaitu anoreksia nervosa, bulimia nervosa, eating disorder not otherwise specified (EDNOS) termasuk binge eating. Pagsberg dan Wang (1994) dalam Keel (2005) sebanyak 0,7% remaja di Denmark mengalami bulimia nervosa. Turnbull et al (1996) dalam Keel (2005) di Inggris pada tahun 1988-1993, sebanyak 12,2% remaja mengalami bulimia nervosa. Tantiani (2007) 34,8% remaja di Jakarta mengalami PMM, 11,6% anoreksia nervosa dan 27% bulimia nervosa. Faktor genetik, kepercayaan diri, pola makan dan citra tubuh merupakan sebagian dari faktor penyebab PMM (Gibney, et al. 2005). Profesi sebagai pramugari dituntut untuk menjaga penampilan fisik agar mempunyai bentuk tubuh yang proporsional. Tujuan penelitian ini adalah mengetahui kejadian PMM pada pramugari di beberapa maskapai penerbangan Indonesia tahun 2011. Desain penelitian adalah kuantitatif dan kualitatif. Subjek penelitian kualitatif, informan, sebanyak 3 orang penelitian dan sampel kuantitatif, 300 orang. Penelitian dilaksanakan pada bulan Maret-Mei 2011 di Balai Kesehatan Penerbangan dan Bandara Soekarno Hatta. Hasil penelitian; sebanyak 15% responden mengalami PMM, anoreksia 2,7%, bulimia 4.3%, binge eating 8%, kecenderungan anoreksia 31 % dan EDNOS sebanyak 13.3%. Terdapat hubungan yang signifikan antara perilaku diet, citra tubuh, percaya diri, kekerasan fisik, tuntutan pekerjaan, kompetisi dan pengetahuan gizi. Dari hasil tersebut diharapkan akan muncul penelitian untuk mendalami PMM. Kata kunci : Perilaku Makan Menyimpang (PMM), Pramugari

There are three categories of PMM namely anorexia nervosa, bulimia nervosa, eating disorder Not Otherwise Specified (EDNOS), including binge eating. Pagsberg and Wang (1994) in Keel (2005) as much as 0.7% of adolescents have bulimia nervosa in Denmark. Turnbull et al (1996), Keel (2005) in England in 1988-1993, 12.2% of adolescents have bulimia nervosa. Tantiani (2007) 34.8% of adolescents in Jakarta have PMM, 11.6% anorexia nervosa and 27% bulimia nervosa. Genetic factors, confidence, diet and body image are some of the factors causing the PMM (Gibney, et al. 2005). Profession as a flight attendant is required to maintain the physical appearance in order to have a proportionate body shape. The purpose of this study was to determine incidence of PMM on the flight attendants on some airlines Indonesia in 2011. The study design was quantitative and qualitative. Qualitative research subjects, informants, as many as 3 people research and quantitative sample, 300 people. The experiment was conducted in March-May 2011 at the Aviation Health Institute and the Soekarno-Hatta Airport. The results as much as 15% of respondents experienced PMM, anorexia 2.7%, 4.3% bulimia, binge eating 8%, 31% and the trend of anorexia EDNOS as much as 13.3%. There is a significant relationship between dietary behaviors, body image, self confidence, physical violence, job demands, competition and knowledge of nutrition. From the results of the research are expected to arise to explore the PMM. Key words: Behavior Eating Notwithstanding (PMM), Flight Attendant