

**Program Studi Ilmu Keperawatan
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ABSTRAK

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Studi Fenomenologi: Pengalaman Remaja Wanita dengan *Bulimia Nervosa* di Kota Semarang

xiv + 85 halaman + 3 gambar + 1 tabel + 8 lampiran

Pergeseran persepsi mengenai bentuk tubuh yang ideal mendorong remaja wanita untuk melakukan diet yang salah sehingga menimbulkan gangguan perilaku makan. Salah satu gangguan tersebut adalah *Bulimia Nervosa* yang berdampak negatif bagi remaja wanita. Tujuan dari penelitian ini untuk mendiskripsikan pengalaman remaja wanita dengan *Bulimia Nervosa* di Kota Semarang.

Penelitian ini menggunakan desain penelitian kualitatif dengan pendekatan fenomenologis dan menggunakan sampel sebanyak 5 remaja wanita dengan tehnik semistruktur selama 20-30 menit.

Berdasarkan hasil penelitian, didapatkan 13 tema yaitu pergeseran persepsi tubuh ideal disebabkan opini lingkungan dan media massa sehingga berpengaruh terhadap *life style*. Alasan melakukan *Bulimia* karena obsesi, *self esteem* dan *body image* rendah, tuntutan komunitas, media massa, lingkungan dan *peer group*. Metode *Bulimia* dengan sengaja muntah dan mengkonsumsi laksatif. Dampak negatif *Bulimia* meliputi sistem pencernaan, integumen, panca indera dan aktivitas. Alasan berhenti karena rasa berdosa, malu, bersalah dan sakit karena efek *Bulimia*. Cara berhenti dengan pengalihan obyek lain, menahan keinginan, perubahan pola makan dan mempertimbangkan dampak negatif. Kendala dalam pemberhentian perilaku adalah pengaruh lingkungan, pikiran negatif, niat belum mantap dan ketergantungan terhadap kebiasaan. Kendala diatasi dengan *support system* dari keluarga dan lingkungan.

Oleh karena itu peneliti mengajukan saran kepada keluarga dengan remaja wanita Keluarga harus sejak dini menanamkan rasa percaya diri, menghargai diri sendiri dan rasa mensyukuri nikmat serta melakukan pengawasan dan memberikan motivasi positif terhadap usaha diet remaja wanita.

Kata kunci : *Bulimia Nervosa*, remaja wanita, pengalaman

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ABSTRACT

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Phenomenological Study: Female Teenager's Experience of Bulimia Nervosa in Semarang City

xiv + 85 pages + 1 table + 8 appendixes

A Perception alteration of ideal body shape motivates female teenagers to do unhealthy diet and causes eating disorder. One of the eating disorders is Bulimia Nervosa which has a negative impact to female teenagers. This study aimed to describe female teenager's experience of Bulimia Nervosa in Semarang City. This research used a qualitative research design with phenomenological approach and took 5 female teenagers as samples, used semi structure technique during 20-30 minutes. Based on the result of research had got 13 theme; perception alteration caused by environment opinion and mass media gave so much influence to the life style. The reasons of Bulimia Nervosa behavior was caused by obsession, lack of self esteem and body image, community expectation, mass media, environment and peer group. Bulimia method is done by intentional vomiting and laxative consumption. The negative effects of Bulimia Nervosa influence digestive, integument and the five sense systems and also individual activity. The reasons of being away from Bulimia Nervosa were feeling of guilty, embarrassed, committed errors and got sickness because of side effect of Bulimia Nervosa. The methods to stop from Bulimia Nervosa were distracting with the other objects, keeping desirability, modifying eating pattern and considering the negative effects. The constraints of behavior stoppage were environment influence, negative mind, lack of intention and dependence of habit. The constraints' copes were by support system from family and environment. The researcher recommends the family who has female teenager to early engraft positive self esteem, appreciate her, be grateful for the grace and also keep monitoring and giving positive motivation to female teenager's diet.

Keywords: *Bulimia Nervosa, Female Teenager, Experience*

Bibliography: *32 (1996 – 2009)*