## ABSTRAK

**Latar Belakang:** *Body dysmorphic disorder* didefinisikan sebagai sebuah preokupasi terhadap kekurangan yang sebenernya tidak nyata terkait penampilan seseorang, apabila terdapat kelainan fisik sekecil apapun, orang itu akan merasakan kecemasan yang berlebihan. Munculnya *body dysmorphic disorder* dapat dipengaruhi oleh beberapa faktor, seperti biologis, psikologis, hingga faktor sosial dan budaya.

**Tujuan:** Mengindentifikasi pengaruh intensitas penggunaan media sosial terhadap kecenderungan *body dysmorphic disorder*.

**Metode:** Penelitian observasional analitik dengan metode penelitian *cross-sectional*, yang menggunakan analisis bivariat berupa uji *chi-square* dengan nilai p <0,05 dianggap signifikan secara statistik. Subjek penelitian meliputi mahasiswa Program Studi Kedokteran UNDIP angkatan 2021, 2022, dan 2023. Data penelitian didapat dari pengisian kuesioner oleh responden.

**Hasil:** Pada hasil uji bivariat antara intensitas penggunaan media sosial dan kecenderungan *body dysmorphic disorder* didapatkan nilai signifikansi =0,098 (p>0,05). Selain itu, pada uji bivariat antara usia, jenis kelamin, dan indeks massa tubuh terhadap kecenderungan *body dysmorphic disorder* juga didapatkan nilai p > 0,05.

**Kesimpulan:** Intensitas penggunaan media sosial tidak memiliki pengaruh yang signifikan terhadap kecenderungan *body dysmorphic disorder*. Selain itu usia, jenis kelamin, dan indeks massa tubuh juga bukan merupakan faktor yang mempengaruhi munculnya kecenderungan *body dysmorphic disorder*.

**Kata Kunci:** Body dysmorphic disorder, indeks massa tubuh, intensitas penggunaan media sosial, jenis kelamin, usia.

## ABSTRACT

**Background:** *Body dysmorphic disorder can be described as a preoccupation that is mainly focused on any kind of defects that are actually not real related to one's physical appearance. Whenever someone notices a defect on themselves, no matter how small, that person will start to feel overwhelming anxiety. Body dysmorphic disorder can be triggered by a few factors, such as biological, psychological, even cultural factors.*

**Aim:** *To identify the association between the usage of social media with body dysmorphic disorder tendencies.*

**Methods:** *This study is an observational analytic study with a cross-sectional method. The analysis was conducted using the chi-square test, where a p-value of <0.05 is considered statistically significant. The subjects were chosen randomly among the medical students of Universitas Diponegoro. Data collection was done through questionnaires completed by the respondents.*

**Results:** *The bivariate analysis showed that the p value between media social usage and body dysmorphic disorder tendencies is on 0.098 (p>0.05). On the other hand, the analysis between age, gender, and body mass index also showed a p value that is >0.05.*

**Conclusion:** *The usage of social media does not significantly affect body dysmorphic disorder tendencies. Age, gender, and body mass index are also not considered as a risk factor that can elevate body dysmorphic disorder tendencies.*

**Keyword:** *Age, body dysmorphic disorder, body mass index, gender, social media usage*