
The Relationship Between Body Image And Eating Patterns Among Adolescent Social Media Users Based On Dorothy E. Johnson's Theory At Man 2 Bojonegoro

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Abstract

Adolescence is a transitional stage from childhood to adulthood characterized by physical, psychological, and social changes, as well as the search for self-identity, which may influence the development of body image and affect eating patterns. Based on Dorothy E. Johnson's Behavioral System Model, changes in body image can influence the balance of the behavioral system, particularly eating behavior. This study aimed to analyze the relationship between body image and eating patterns among adolescent social media users at MAN 2 Bojonegoro. This study employed a quantitative correlational design with a cross-sectional approach. The population consisted of 272 eleventh-grade students at MAN 2 Bojonegoro, with a sample of 162 respondents selected using simple random sampling. Data were collected using the Body Shape Questionnaire (BSQ) and the Food Frequency Questionnaire (FFQ) and were analyzed using the Spearman's Rank Correlation test with a significance level of $\alpha = 0.05$. The results showed that 93 respondents (57.4%) had a negative body image, while 91 respondents (56.2%) had poor eating patterns. The Spearman's Rank Correlation test yielded a p -value of 0.000 ($p < 0.05$) with a correlation coefficient of $r = 0.517$, indicating a statistically significant positive correlation of moderate strength. There was a significant relationship between body image and eating patterns among adolescent social media users at MAN 2 Bojonegoro. The higher the level of adolescents' satisfaction with their body image, the better their eating patterns. Healthcare professionals and schools are recommended to enhance education on developing a positive body image and adopting healthy eating patterns to promote healthy lifestyles among adolescents.

Keywords: Adaptation Theory Adolescents, Body Image, Dorothy E. Johnson's Theory, Eating Patterns, Social Media

INTRODUCTION

Adolescence is a transitional phase from childhood to adulthood, marked by physical, psychological, cognitive, and social changes, as well as a process of self-discovery. During this phase, adolescents begin to form an identity and develop a perception of their physical condition, known as body image. Body image is an individual's assessment of their body shape and appearance, which can be positive or negative and has the potential to influence health behaviors, including eating patterns. Adolescents with a positive body image tend to be more accepting of their bodies and adopt healthy eating patterns, while a negative body image can encourage less adaptive eating behaviors, such as skipping meals, irregular eating, restricting food intake, or excessively changing consumption patterns (Liyanovitasari & Setyoningrum, 2022); (Hanum & Maulida, 2023). This situation becomes increasingly complex with the increasing use of social media, which allows adolescents to obtain information, interact, and form perceptions about their bodies and appearance through digital environments.

The phenomenon of negative body image in adolescents shows that this problem is not just a matter of perception of appearance, but has become a psychosocial issue potentially related to health behavior. An international study involving 21,277 adolescents aged 10–17 years from Australia, Canada, Chile, Mexico, the United Kingdom, and the United States showed that 55% of adolescents experienced dissatisfaction with their body appearance. A similar phenomenon was found in Indonesia, when a study by Yulia et al. (2024) of 387 adolescents aged 13–15 years in Bandung and Sumedang showed negative body image in 69.1% of urban adolescents and 62.3% of rural adolescents. In East Java, body image

problems were also found in high school adolescents, especially those with overweight and obesity nutritional status (Astuti et al., 2026). Furthermore, social media use among adolescents is quite high. A study by (Windarwati et al., 2020) showed that 61.1% of high school students in Malang City had a high intensity of social media use, while a study by (Ferawati et al., 2024) found that 71.43% of adolescents in Bojonegoro Regency used social media heavily. This high level of intensity indicates that social media is a relevant environment for understanding the development of body perception in adolescents.

This issue is highly urgent because adolescents constitute a large population group and are in a crucial period of growth and development. The World Health Organization (WHO) estimates that there are approximately 1.3 billion adolescents aged 10–19 worldwide, or approximately 16% of the global population. In Indonesia, the adolescent age group also has a large population, including in East Java Province and Bojonegoro Regency. In the local context, MAN 2 Bojonegoro has 272 eleventh-grade students who use social media, making this group a relevant population for studying the relationship between body image and eating behavior. The influence of body image on eating patterns requires attention because non-adaptive eating patterns, if continued, can lead to imbalances in nutritional intake, disrupt growth and development, and increase the risk of eating disorders and nutritional problems. From the perspective of Dorothy E. Johnson's Behavioral Systems Theory, eating behavior is related to the ingestive subsystem, a subsystem that regulates individual behavior in meeting nutritional needs. Disruption of the balance of the behavioral system due to negative self-perception can contribute to the emergence of unhealthy eating behavior (Hanum & Maulida, 2023); (Ningrum et al., 2022).

Although numerous studies have addressed body image, social media use, and adolescent psychosocial well-being, gaps remain that require further study. (Finiswati & Matulessy, 2018) study of 205 female students at SMKN 1 Bojonegoro found a significant positive relationship between body image and self-acceptance. However, the study did not describe the percentage of adolescents with positive or negative body image and did not link it to eating patterns. Other studies have focused more on examining body image with self-acceptance or the intensity of social media use separately, while the relationship between body image and eating patterns among adolescent social media users, particularly at MAN 2 Bojonegoro, has not been specifically explained. This gap highlights the need for research that addresses body image not only as a psychological issue but also links it to eating behavior in the context of social media use. Therefore, this study is important because it attempts to fill the research gap regarding the relationship between body perception and eating patterns among adolescents who actively use social media.

Based on these phenomena, urgency, and research gaps, a study on the relationship between body image and eating patterns in adolescent social media users is necessary as a basis for a more comprehensive understanding of adolescent health behavior. This study uses Dorothy E. Johnson's Behavioral Systems Theory as a foundation because the theory views individuals as behavioral systems that strive to maintain balance through interactions with the environment. In this study, body image is seen as an aspect that can be related to the balance of the behavioral system, while eating patterns are related to the ingestive subsystem.

RESEARCH METHODS

This research is a correlational quantitative research with a cross-sectional approach that aims to determine the relationship between body image and eating patterns in adolescent social media users based on Dorothy E. Johnson's Theory at MAN 2 Bojonegoro. The research was conducted at MAN 2 Bojonegoro located at Jalan Monginsidi No. 158, Sukorejo, Bojonegoro District, Bojonegoro Regency, East Java, with the implementation

time on April 22, 2026. The research population was all 272 students of class XI of MAN 2 Bojonegoro, while the sample was determined using the Slovin Formula to obtain 162 respondents. The sampling technique used probability sampling with the simple random sampling method, so that each member of the population has an equal opportunity to become a respondent.

Data collection was conducted through several stages, namely submitting a research permit to the school, collecting student data, randomly selecting and determining samples, explaining the research objectives, completing informed consent, and distributing instruments in the form of a Body Shape Questionnaire (BSQ) to measure body image, a Food Frequency Questionnaire (FFQ) to measure eating patterns, and an observation sheet for social media use. After the questionnaires were collected, the data were checked for completeness, then edited, coded, scored, and tabulated. Data analysis consisted of univariate analysis to describe the characteristics of respondents and each research variable and bivariate analysis to determine the relationship between body image and eating patterns. Bivariate analysis used the Spearman Rho test with a 95% confidence level and a significance level of 0.05. If a p-value <0.05 is obtained, it is stated that there is a significant relationship between body image and eating patterns in adolescent social media users.

RESULTS AND DISCUSSION

Respondent Characteristics Based on Gender

Respondent characteristics based on gender in adolescent social media users in the study of the relationship between body image and eating patterns at MAN 2 Bojonegoro are as follows:

Table 1. Frequency Distribution by Gender

N			Percentage (%)
Gender	Man	68	42.0%
	Woman	94	58.0%
	Total	162	100%

Based on Table 1, it is known that more than half of the respondents in the study on the relationship between body image and eating patterns in adolescent social media users were female, as many as 94 respondents (58.0%).

Respondent Characteristics Based on Age

The characteristics of respondents based on age range in adolescent social media users in the study of the relationship between body image and eating patterns at MAN 2 Bojonegoro are as follows:

Table 2. Frequency Distribution by Age

N			Percentage (%)
Age	16 years	30	18.5%
	17 years	118	72.8%
	18 years	13	8.0%
	19 years old	1	0.6%
	Total	162	100%

Based on Table 2, it is known that the majority of respondents in the study of the relationship between body image and eating patterns in adolescent social media users were 17 years old, amounting to 118 respondents (72.8%).

Respondent Characteristics Based on Social Media Usage

Respondent characteristics based on social media use among adolescents at MAN 2 Bojonegoro are as follows:

Table 3. Frequency Distribution Based on Social Media Usage

Use of Social Media	Category	N	Percentage (%)
	Active	162	100%
	Total	162	100%

Based on table 3, it is known that the majority of teenagers at MAN 2 Bojonegoro are active social media users, namely 162 respondents (100%).

Respondent Characteristics Based on the Type of Social Media Used

The characteristics of respondents based on the type of social media among adolescents at MAN 2 Bojonegoro are as follows:

Table 4. Frequency Distribution Based on Social Media Type

Use of Social Media	N	Percentage (%)
TikTok	161	99.4%
Instagram	160	98.8%
Facebook	101	62.3%
WhatsApp	162	100%
Mi Chat	2	1.2%
Ome TV	10	6.2%
CapCut	133	82.1%
Telegram	117	72.2%
Twitter	45	27.8%
YouTube	160	98.8%
Snapchat	0	0.0%
Pinterest	2	1.2%
WeChat	0	0.0%

Based on Table 4, the majority of respondents used WhatsApp (162 respondents (100%)), followed by TikTok (161 respondents (99.4%)), and Instagram and YouTube (160 respondents each (98.8%)). Other social media platforms that were quite widely used were CapCut (133 respondents (82.1%)) and Telegram (117 respondents (72.2%)). Meanwhile, the least used social media platforms were Mi Chat and Pinterest (2 respondents each (1.2%)), while Snapchat and WeChat were not used by any respondents (0%).

Special Data

Body Imageon Teenage Social Media Users at MAN 2 Bojonegoro

The following are the results of research on respondents based on body image in adolescent social media users at MAN 2 Bojonegoro:

Table 5. Body Image Among Teenage Social Media Users at MAN 2 Bojonegoro in 2026

Variables	Category	N	Presentation
Body Image	Positive	69	42.6%
	Negative	93	57.4%
	Total	162	100%

Based onTable 5 shows that of the total of 162 teenage social media user respondents at MAN 2 Bojonegoro, more than half had a negative body image, namely 93 respondents (57.4%). Conversely, almost half of the respondents had a positive body image, namely 69 respondents (42.6%).

Eating Patterns of Social Media Users in MAN 2 Bojonegoro

The following are the results of research on respondents based on body image in adolescent social media users at MAN 2 Bojonegoro:

Table 6. Eating Patterns of Social Media Users in MAN 2 Bojonegoro in 2026

Variables	Category	N	Percentage (%)
Dietary habit	Good	71	43.8%
	Not good	91	56.2%
	Total	162	100%

Table 6 shows that of the total of 162 adolescent social media user respondents at MAN 2 Bojonegoro, more than half have unhealthy eating habits, namely 91 respondents (56.2%). Meanwhile, almost half of the total respondents have healthy eating habits, namely 71 respondents (43.8%).

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Table 7. Cross Tabulation Analysis of the Relationship between Body Image and Eating Patterns in Adolescent Social Media Users Based on Dorothy E. Johnson's Theory at MAN 2 Bojonegoro

Body Image	Dietary habit				Total	
	Good		Not good			
	F	%	F	%	N	%
Positive	32	46.4%	37	53.6%	69	100%
Negative	39	41.9%	54	58.1%	93	100%
Total	71	43.8%	91	56.2%	162	100%

Table 7 shows that of the 69 respondents, 32 (46.4%) had a positive body image with a good diet, while 37 (53.6%) had a poor diet. Meanwhile, of the 93 respondents, 39 (41.9%) had a negative body image with a good diet and 54 (58.1%) had a poor diet.

Table 8. Spearman Rho Statistical Test of the Relationship between Body Image and Eating Patterns in Adolescent Social Media Users Based on Dorothy E. Johnson's Theory at MAN 2 Bojonegoro

		Total Body Image		Total Diet
Spearman Rho	Total Body Image	Correlation Coefficient	1,000	.517
		Sig. (2 tailed)	.	.000
		N	162	162
	Total Dietary habit	Correlation Coefficient	.517	1,000
		Sig. (2 tailed)	.000	.
		N	162	162

Table 8 shows the results of the Spearman Rho statistical test to analyze the relationship between body image and eating patterns in adolescent social media users at MAN 2 Bojonegoro. The significance value obtained is Sig. (2-tailed) of .000. Because the $p\text{-value} = 0.000 < 0.05$, the null hypothesis (H_0) is rejected and the alternative hypothesis (H_1) is accepted. This means that there is a significant relationship between body image and eating patterns in adolescent social media users at MAN 2 Bojonegoro.

Meanwhile, the correlation coefficient obtained was 0.517. This figure indicates a moderate level of relationship strength with a positive/unidirectional relationship. This positive relationship indicates that a more positive body image among adolescents is associated with better eating habits, and vice versa.

Discussion

Identification of Body Image in Adolescent Social Media Users Based on Dorothy E. Johnson's Theory at MAN 2 Bojonegoro

Based on the results of a study of 162 respondents of grade XI students at MAN 2 Bojonegoro, data was obtained that more than half of the respondents had a body image in the negative category, namely 93 respondents (57.4%). Conversely, almost half of the respondents had a positive body image, namely 69 respondents (42.6%). Based on the characteristics of social media use, the majority of respondents (100%) were active social media users with the highest prevalence in visual-based applications such as TikTok (99.4%), Instagram (98.8%), and YouTube (98.8%), which was accompanied by a high accumulation of daily usage duration.

Examined through the Behavioral System Model theory developed by Dorothy E. Johnson, this condition begins with the individual's status as a teenager using social media, which triggers behavioral system disorders. This condition then gives rise to forces and stress in the form of psychological pressure due to the intensity, duration, and type of social media platforms accessed by the teenager. These external stressors interfere with the integrity of the behavioral system components (Behavioral subsystems), particularly the Affiliative subsystem, which regulates the influence of social interactions and social media on self-acceptance and body image perception. When the behavioral system is unable to adequately cope and adapt to the duration and type of platforms, the affiliative subsystem will experience a decline in stability leading to a state of ineffective functioning (Kirana et al., 2023). Johnson identified several behavioral subsystem components that make up the entire system, where each subsystem is interconnected to maintain self-stability. When an adolescent interacts with their external environment, society and technology function as external systems that have a strong influence on the formation of the individual's behavior and decisions (Kirana et al., 2023). This research is in line with research conducted by (Lukman et al., 2023) which showed that the intensity of social media use is significantly related to body image in adolescents, so that the higher the intensity of social media use, the greater the likelihood of changes in body perception. When the behavioral system is unable to cope and adapt adequately to these pressures, the affiliative subsystem will experience a decline in stability leading to a state of ineffective functioning (Kirana et al., 2023).

Researchers argue that prolonged social media use, particularly on platforms dominated by respondents like TikTok and Instagram, can exert forces and stress on the affiliation subsystem, according to Dorothy E. Johnson's theory. This condition has the potential to increase adolescents' tendency to engage in social comparison, thus affecting body acceptance and fostering negative body image, a form of ineffective functioning in the affiliation subsystem.

Identification of Eating Patterns in Adolescent Social Media Users Based on Dorothy E. Johnson's Theory at MAN 2 Bojonegoro

Based on the results of a study of 162 respondents of grade XI students at MAN 2 Bojonegoro, it was found that more than half of the respondents had eating patterns in the unhealthy category, namely 91 respondents (56.2%). Conversely, almost half of the respondents had eating patterns in the healthy category, namely 71 respondents (43.8%). Based on the characteristics of social media use, all respondents (100%) were active social media users, with the highest prevalence on visual-based platforms such as TikTok (99.4%), Instagram (98.8%), and YouTube (98.8%), which was accompanied by a high accumulation of daily usage duration. These characteristics are in line with the results of the study on the body image variable, namely more than half of the respondents had a negative body image (57.4%). This indicates that high social media use has the potential to influence not only adolescents' perceptions of their bodies, but also their daily eating behavior.

Examined through the Behavioral System Model developed by Dorothy E. Johnson, this condition begins with the individual's status as a teenager who uses social media, which triggers behavioral disorders. High social media usage creates forces and stress that disrupt the balance of the behavioral system. As previously discussed, this pressure affects the affiliative subsystem, resulting in a negative body image. The resulting negative body image can then affect the ingestive subsystem, which regulates eating behavior, appetite, food choices, and nutritional needs (Kirana et al., 2023). When adolescents are unable to cope and adapt to these pressures, the ingestive subsystem experiences a decline in stability, leading to ineffective functioning, as evidenced by the emergence of unhealthy eating patterns, such as skipping meals, restricting food intake, or having an irregular meal schedule (Hanum & Maulida, 2023). Johnson explains that the ingestive subsystem is a behavioral subsystem that functions to maintain an individual's biological balance through adequate eating behavior. However, this balance can be disrupted if an individual receives continuous pressure from the environment. For adolescent social media users, the digital environment is a source of stress that can affect psychological well-being, including perceptions of body shape. These changes in perception can subsequently influence eating behavior as a form of adaptive response to the behavioral system (Kirana et al., 2023). This research aligns with research conducted by (Lubis et al., 2024) which showed a significant relationship between body image and eating patterns in adolescent girls, where adolescents with negative body image tend to have poor eating patterns.

Researchers argue that the high duration of social media use, especially on visual-based platforms such as TikTok and Instagram, becomes a force and stress that influences adolescents' perceptions of body shape, thereby increasing the tendency for negative body image to emerge. This negative body image then encourages some adolescents to change their eating behavior in an effort to achieve a body shape that is considered ideal, for example by skipping meals, limiting food intake, or implementing irregular eating patterns. In the perspective of Dorothy E. Johnson's Theory, this condition shows that digital environmental pressures that initially disrupt the affiliative subsystem then impact the ingestive subsystem, resulting in ineffective functioning which is shown through poor eating patterns in adolescent social media users at MAN 2 Bojonegoro.

The Relationship Between Body Image and Eating Patterns in Adolescent Social Media Users Based on Dorothy E Johnson's Theory at MAN 2 Bojonegoro

Based on the results of the analysis using the Spearman Rank test, the p-value was obtained. $value = 0.000$ ($p < 0.05$) so that H_0 is rejected and H_1 is accepted. These results indicate that there is a significant relationship between *body image* with eating patterns in adolescent social media users at MAN 2 Bojonegoro. The correlation coefficient value ($r = 0.517$) indicates a positive relationship with moderate strength. The cross-tabulation results also show that most respondents who have *body image* negative tend to have poor eating patterns, while respondents who have *body image* Positive adolescents are more likely to have good eating habits. This finding indicates a link between adolescents' perceptions of their bodies and their daily eating behavior.

Studied through theory *Behavioral System* The model developed by Dorothy E. Johnson, an individual is a behavioral system consisting of several subsystems that are interconnected in maintaining balance (*behavioral system balance*). In adolescent social media users, the duration of social media use and the type of social media platform used can create forces and stressors that affect the stability of the behavioral system. This pressure primarily affects the affiliative subsystem, the subsystem related to social relationships, self-acceptance, and the formation of body perceptions, which can lead to a negative body image (Kirana et al., 2023). Changes in the affiliative subsystem can then affect the ingestive subsystem, the subsystem that regulates eating behavior and fulfilling nutritional needs. When disturbances

in the affiliative subsystem cannot be optimally adapted, these conditions can affect the ingestive subsystem, resulting in ineffective functioning characterized by negative body image and poor eating patterns (Hanum & Maulida, 2023). Johnson's theory explains that all behavioral subsystems work in an integrated manner. Disruptions in one subsystem can affect other subsystems, disrupting the balance of the overall behavioral system. Therefore, changes in an individual's perception of their body not only impact psychological aspects but can also influence health behaviors, including eating habits (Kirana et al., 2023). This research aligns with research conducted by Lubis et al. (2024), which showed a significant relationship between body image and eating patterns in adolescent girls. Adolescents with negative body image tend to exhibit poor eating patterns compared to adolescents with positive body image.

Researchers argue that the relationship between *body image* with eating patterns in adolescent social media users occurs due to the high duration of use and the type of social media that becomes *forces and stress* which affects the stability of adolescent behavioral systems. The duration and type of social media can give rise to *body image* negative through interference with *affiliative subsystem*. Teenagers who have *body image* Negative people tend to be more concerned about their body shape, potentially leading to changes in eating behavior, such as limiting food intake, skipping meals, or adopting irregular eating patterns to achieve their desired body shape. In contrast, adolescents who have negative self-image tend to be more concerned about their body shape, potentially leading to changes in eating behavior, such as limiting food intake, skipping meals, or adopting irregular eating patterns to achieve their desired body shape. *body image* Positive people tend to be more accepting of their body condition, making it easier to maintain a good diet. The findings of this study indicate that *body image* and eating patterns are two behavioral components that are interrelated in maintaining the balance of the behavioral system according to Dorothy E. Johnson's theory. Therefore, efforts to improve *body image* Positive attitudes towards adolescents are expected to support the formation of healthier eating behavior.

CONCLUSION

Based on the results of the study using statistical tests, it can be concluded that more than half of adolescent social media users at MAN 2 Bojonegoro have a negative body image. This condition indicates a decrease in stability in the affiliative subsystem due to the inability of adolescents to adapt to external digital stimulation. In addition, more than half of adolescent social media users have unhealthy eating patterns. This indicates dysfunction in the ingestive subsystem, namely the regulation of daily nutritional consumption behavior that experiences deviations due to the high duration of social media use. The results also show a significant relationship between body image and eating patterns in adolescent social media users at MAN 2 Bojonegoro. This relationship has a moderate strength with a positive or unidirectional correlation, which means that the more positive the body image an adolescent has, the better their eating patterns will be, and vice versa.

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