

Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara *restrictive eating behavior* dan *self-control* pada anggota komunitas intermittent fasting di WhatsApp. *Restrictive eating behavior* merupakan perilaku makan yang ditandai dengan pembatasan asupan makanan secara sadar guna mengontrol berat badan, sementara *self-control* merujuk pada kemampuan individu dalam mengatur dorongan dan mengendalikan perilaku untuk mencapai tujuan jangka panjang. Penelitian ini menggunakan pendekatan kuantitatif korelasional dengan jumlah sampel sebanyak 150 orang yang dipilih melalui teknik *accidental sampling*. Instrumen yang digunakan adalah *Dutch Eating Behavior Questionnaire* (DEBQ) dan *Brief Self-Control Scale* (BSCS). Analisis data dilakukan menggunakan uji korelasi Pearson. Hasil penelitian menunjukkan adanya hubungan negatif yang signifikan antara *restrictive eating behavior* dan *self-control*, dengan nilai koefisien korelasi $r = -0,218$ dan signifikansi $p = 0,007$ ($p < 0,05$). Temuan ini mengindikasikan bahwa semakin rendah kecenderungan individu untuk melakukan pembatasan makan secara ekstrem, maka semakin tinggi tingkat *self-control* yang dimilikinya. Implikasi dari temuan ini adalah bahwa *self-control* memainkan peran penting dalam pola pengaturan makan, terutama dalam konteks praktik diet seperti *intermittent fasting*.

Kata Kunci: *restrictive eating behavior*, *self-control*, komunitas *intermittent fasting*.



Abstract

This study aims to examine the relationship between restrictive eating behavior and self-control among members of an intermittent fasting community on WhatsApp. Restrictive eating behavior refers to the conscious limitation of food intake in order to control body weight, while self-control is defined as an individual's ability to regulate impulses and manage behavior in pursuit of long-term goals. This research employed a correlational quantitative approach with a total sample of 150 respondents selected through accidental sampling. The instruments used were the Dutch Eating Behavior Questionnaire (DEBQ) to measure restrictive eating behavior and the Brief Self-Control Scale (BSCS) to assess self-control. Data analysis was conducted using Pearson's correlation test. The results of the study revealed a significant negative correlation between restrictive eating behavior and self-control, with a correlation coefficient of $r = -0.218$ and a significance value of $p = 0.007$ ($p < 0.05$). This finding indicates that the lower an individual's tendency to engage in extreme dietary restriction, the higher their level of self-control. These results imply that self-control plays an important role in eating regulation patterns, particularly within the context of dietary practices such as intermittent fasting.

Keywords: *restrictive eating behavior, self-control, intermittent fasting*

