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Dance therapy as an alternative treatment for people with eating addiction in the era of covid-19

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ABSTRACT

Dance therapy is also able to increase the hormone endorphins. Psychologically, dance is a form of therapy in expressing emotions through appropriate movements so that it can make humans more discover the meaning of their choices so that eventually humans find happiness and humans can find friends who serve to enlighten itself. If someone is happy, then that person will feel happy and diligent to activate his body more to move. This activity can burn fat. Therefore, researchers can see that dance therapy is a form of therapy that reduces the dangers of eating addiction.



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Indonesia is a country with many diverse cultures and is often heard as an archipelagic country (Situmorang, 2021). As it is said in the song "Sabang to Merauke", the islands are lined. During this pandemic period, health protocols are encouraged, the space for workers, students, and all other activities is limited by the Large-Scale Social Restrictions (PSBB), and greatly affects all fields. Negative and positive impacts intersect because some groups benefit, and some are disadvantaged. For example, providers will benefit, such as the increasing demand for Indihome installations in every home. As an important facility to support learning and work from home. The high level of consumption related to internet facilities is very high and all activities in this new normal are carried out from home online (Putri et al., 2021). This situation also affects life as a whole, especially in ordering food. In this era of COVID-19, people don't leave the house and want to move to get what they want to eat.

Go food, Grab Food, is an application facility that helps food lovers run smoothly, to be able to get food easily, with just one click. The choice of types of food and drinks is fully served. The distance of the food provider is also informed, until a discounted price is advertised and makes users of this application immediately order it, thereby satisfying the "lust" of the food order. For example, ordering BTS Meals can only be purchased through Drive-Thru, GoFood, and GrabFood. Why BTS Meal? According to Fauzia (2021) with a collaboration with McD through BTS Meal, BTS can be paid Rp 127.8 billion. Fauzia said that BTS, which has many fans on Twitter, reached 34.5 million in Indonesia. The collaboration between McDonald's and BTS is projected to have sweet fruit. Even the day before on kompas.com, it was reported that the effect of the BTS Meal food, made McD apply to open and close online orders and to prevent crowds from happening (Karunia, 2021). For example, McD at Gambir station was sealed by the police because it caused a crowd. The promotional effect can invite a very high purchasing power desire for BTS Meal food, and the possibility of consumptive behavior is relatively high as well. There is other strong evidence that informs that eating

addiction in Indonesia is very strong, namely the news about BTS Meal food being hunted for millions of rupiah written by Safitri (2021).

This Pandemic period also invites all people to learn to shop online, to avoid COVID-19. Lots of F&B (Food and Beverage) businesses are scattered in every application, and hypnotize someone to buy it immediately, without taking into account their dietary needs only. This situation is seen from the point of view of application users who cannot cook. This user is very consumptive, and also wasteful in managing their finances.

Unlike the case with the existence of someone who can cook. They will more often just buy the raw materials and manage them. Someone who likes to cook will spend time in the kitchen. Cooking is a fun hobby in the kitchen because it can collaborate with the combination of spices that suit our taste buds so that we can enjoy the food we make ourselves more. This habit will continue to occur, even causing lifestyle disturbances, namely in eating disorders commonly called eating addiction (Hebebrand et al., 2014). A good diet is four healthy five perfect foods. However, when the pandemic is rampant, every food lover's way of eating is increasing and becoming unstoppable, to relieve boredom.

Tiara (2021) informed that many people have changed their eating habits during this pandemic, and have experienced an eating addiction, the evidence is the results of an analysis of information examined by the University of Minnesota research team regarding the relationship between the pandemic with some unhealthy eating habits. Research conducted in April and May 2020, which is called the EAT project. The researchers found that there was behavior regarding humans during this pandemic, such as eating without thinking about what to eat, so that there was an increase in the volume of food that entered the stomach, and even worse was eating to relieve the burden of the mind. Researchers also said that there were 10,200 victims whose lives were taken due to eating disorders in the United States. The proof can be seen in the International Journal of Eating Disorders. The results showed that there was a significantly strong relationship between the increase in eating addiction during the pandemic due to inappropriate stress management, greater depressive symptoms, and financial problems.

In the days, weeks, and months of this pandemic, some changes appear in everyone living in this era of COVID-19. The addition of fat in every part of the human body, so the eating addiction can be said to be fat. When going online during distance learning, be it through video calls or google meetings, we see many of our friends, or our relatives, who experience changes in their faces. Eating addiction is found in regulating appetite so that it increases total body fat, where obesity is >25% in men, and >33% in women (Ulilalbab et al., 2017). Ulilalbab et al. (2017) also said that obesity is divided into 2, namely primary obesity that arises due to excessive nutritional intake, and secondary obesity that arises based on other comorbidities. According to Kristeller and Hallett (1999 in Pradhana, 2017) about addiction to eating can be seen from their excessive and unnatural behavior in consuming food and their consumptive nature he cannot bear. This disorder is called binge eating disorder. At this time it is better known as eating addiction. Even since 2017, the results of research by Pradhana (2017) say that self-awareness has a positive and significant relationship with the tendency of overeating disorders in adolescents with obesity in Surabaya. His research used 43 people in Surabaya with the standard provisions of the WHO, namely calculating the Body Mass Index (BMI). This self-awareness problem is also reinforced by the statement from Baumeister (1991, in Pradhana, 2017), which suggests that there is a relationship between self-consciousness and eating disorders, as a reaction to self-evaluation.

Self-awareness to be happy is a normal action, but happiness arises from positive behavior (Situmorang, 2021b). The positive is that eating can increase the hormone endorphins, which are hormones that make people happy (Situmorang, 2021c). This pleasure of eating needs to be balanced with an activity that moves all members of the body. Fat that has accumulated as a result of excessive consumption, needs to be removed with a movement that burns the fat. This movement is known as dance therapy (Situmorang, 2021d, 2021e). Just like eating, dance therapy is also able to increase the hormone endorphins. According to Li Pumin (1996, in Gaojin, 2020) psychologically, dance is a form of therapy in expressing emotions through appropriate movements so that it can make humans more discover the meaning of their choices so that eventually humans find happiness and humans can find friends who serve to enlighten itself. If someone is happy, then that person will feel happy and diligent to activate his body more to move (Situmorang, 2021f). This activity can burn fat. Therefore, researchers can see that dance therapy is a form of therapy that reduces the dangers of eating addiction.

Improper stress management, and causing eating addiction is a very important problem to be researched, and it has been proven that many victims have died. To minimize and eliminate this situation, the researcher invites world researchers to study more deeply about eating addiction and deepen the study of dance therapy

which is one of the activities that can help with eating addiction problems. Healthy eating behavior, healthy body and soul, and healthy future youth.

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