



## LINGUISTIC TENDENCIES OF ANOREXIA NERVOSA ON SOCIAL MEDIA USERS FACEBOOK (PRAGMATIC STUDY)

## KEBAHASAAN KECENDERUNGAN ANOREXIA NERVOSA PADA PENGGUNA MEDIA SOSIAL FACEBOOK (KAJIAN PRAGMATIK)

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**Abstract:** This research is motivated by the large number of facebook users who express their discomfort with body shape and after further review, the discomfort expressed is included in the characteristics of people who have a tendency to anorexia nervosa. This study was conducted to describe the linguistic tendency of anorexia nervosa on facebook social media users, especially on the "MinuteVideos Indonesia" account based on the characteristics of anorexia nervosa tendencies seen from the form and meaning of the language conveyed. This type of research is a qualitative research using descriptive method. The data of this study is the linguistic expressiveness of facebook users who have anorexia nervosa tendencies in comments on the "MinuteVideos Indonesia" account. Data were collected using the free-of-charge listening technique (SBLC) and note-taking techniques. The data were analyzed using the matching method and the agih method. Based on the results of the study found thirteen types of expressive speech acts used by Facebook users who have anorexia nervosa tendencies in comments on the "MinuteVideos Indonesia" account and each of these utterances has a referential meaning. The tendency of anorexia nervosa is dominantly experienced by women. However, from the data obtained there are also men who experience anorexia nervosa tendencies.

**Keywords:** anorexia nervosa, expressive speech acts, pragmatic

## INTRODUCTION

Body shape is an attraction or a medium for a person's confidence in interacting with others. If the body shape is not in accordance with what is expected, then people will usually do various ways to improve

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their body shape with exercise and diet, but not everyone improves their body shape in the right ways especially when it comes to weight loss. Some people who are very obsessed with wanting to be thin will go on an unhealthy diet or commonly called a strict diet, namely by avoiding food and holding back hunger. Strict diet if done continuously even followed by taking drugs to reduce appetite and excessive exercise to almost endanger the health of the body of people who are obsessed with wanting to lose weight, Ratnawati & Sofiah (2012:130) said that going on an extreme diet can be harmful to health and will lead to a tendency to anorexia nervosa.

Krisnani, et al (2018:400) revealed that anorexia nervosa is an eating disorder by making him feel hungry anyway, with the aim of having a lean physical appearance and attracting the opposite sex. Anorexia nervosa is characterized by a refusal to maintain a healthy weight and an exaggerated fear of gaining weight due to a distorted self-image. Noe, et al (2019:161) also revealed that anorexia nervosa is an eating disorder or disorder that makes a person obsessed with a very small weight so that they are willing to starve and even exercise excessively.

This study refers to the characteristics of anorexia nervosa tendencies according to Maslim (2013:71-72). Characteristics of patients with anorexia nervosa according to Maslim (2013:71-72) namely: first, his trademark is deliberately reducing weight. Second, body weight is maintained 15% below normal. Third, weight loss is done by avoiding foods that contain fat or doing one of the following things, namely stimulating to vomit food, taking laxatives, excessive exercise and using drugs to reduce appetite. Fourth, a distorted body image, which is an overestimation of low body weight, very afraid of being fat. Fifth, the presence of amenorrhea in women or not having menstruation properly. Maslim (2013:72) also explained that if a person does not show one or more of the characteristics above but still shows a rather typical picture, then he is classified as a person who has an anorexia nervosa tendency or it can also be called atypical anorexia nervosa.

Social media is used as a forum to express what is felt without any rules or feedback from what is expected. Facebook is a social media with millions of users from all over the world. Based on the observations of many Facebook users who express discomfort with their body shape and after further review, the discomfort expressed by Facebook users is included in the characteristics of people who have a tendency to anorexia nervosa. This research is based on one of the accounts on social media Facebook, namely the “MinuteVideos Indonesia” account which is an account that presents content in the form of videos based on personal experiences and inspirational stories from a number of people around the world and some of these video posts discuss the tendency of anorexia nervosa.

Expressive speech acts are speech acts that function to express the thoughts and feelings of a speaker towards a situation. In this study, the theory of expressive speech acts will be used according to Yule (2014:93) namely speech acts that state something that is felt by the speaker and reflects psychological statements, with the form of speech acts in the form of statements of joy, difficulty, liking, hatred, pleasure, misery or other forms of psychological statements that are adapted to the speaker's feelings. To find out the linguistic intent of people who have a tendency to anorexia nervosa, the theory of meaning is used. The theory of meaning used in this study is referential meaning according to Aminuddin (2011:55) namely the meaning of meaning that still relies on the results of basic pointers or meanings that refer to certain objects, events or circumstances in accordance with the real world.

Previous research that is similar to this research is research conducted by Pertiwi (2016) with the title "Anorexia Nervosa in the Main Character in Delphine De Vigan's *Roman Jours Sans Faim* (A Study of Literary Psychology)". Based on research results Pertiwi (2016) it can be concluded that the main character Laure has anorexia nervosa as evidenced by twenty-three quotes that describe the factors causing anorexia nervosa in the main character Laure. Laure suffers from anorexia nervosa atypical type of anorexia (anorexie atypique) because she only experienced two of the four symptoms of anorexia nervosa according to DSM IV. The research has similarities and differences with the research that will be carried out by researchers. The similarities are that they both study anorexia nervosa in terms of language or from language quotes, the difference lies in the data source, the data source for Pertiwi (2016) is a novel or literary work, while the research that will be carried out by researchers the data source is facebook users.

Another research similar to this research is research conducted by Permatasari (2012) with the title "The Relationship Between Acceptance of Physical Conditions with Anorexia Nervosa Tendency in Adolescent Girls at SMAN 1 Banjarmasin". Based on research results Permatasari (2012) two things can be concluded. First, there is a negative relationship between self-acceptance of physical conditions and the tendency of anorexia nervosa in adolescent girls at SMAN 1 Banjarmasin. Second, the lower the self-acceptance of physical conditions, the higher the tendency to experience anorexia nervosa in adolescent girls at SMAN 1 Banjarmasin. Conversely, the higher the self-acceptance of the physical condition, the lower the tendency to experience anorexia nervosa. This study has similarities and differences with research conducted by researchers. The similarity is that they both study the tendency of anorexia nervosa. The difference is, research data collection Permatasari (2012) is at SMAN 1 Banjarmasin, while the researchers chose social media facebook for data collection. Further difference, Permatasari (2012) look at the tendency of anorexia nervosa from the level of self-acceptance to physical conditions, while

the researchers look at the tendency of anorexia nervosa from the language spoken by people who have a tendency to anorexia nervosa.

## **METHOD**

The type of research used is qualitative research with descriptive method. The data in this study is the expressive language of people who have anorexia nervosa tendencies, while the data sources in this study were taken from facebook social media users, especially in the "MinuteVideos Indonesia" account from comments in posts discussing the tendency of anorexia nervosa. In this study, the technique used was the free-of-conversation listening technique (SBLC) and the note-taking technique.

This free-to-talk-free listening technique was carried out because, first, the researcher was not directly involved and did not participate in determining the formation of prospective data. Second, the researchers listened by reading and looking for data according to the characteristics of people who have anorexia nervosa tendencies on facebook users. Then proceed with the note-taking technique, namely recording the data obtained from the research target with certain writing instruments or instruments. The data obtained were then analyzed using the matching method and the agih method. This research uses referential equivalence method and pragmatic equivalence method. The technique used in the agih method is the mark reading technique, namely the lesap technique and the dressing technique. This research was conducted through observation of empirical facts and phenomena witnessed by researchers as they are. Therefore all visible phenomena are recorded and detailed without considering right or wrong.

## **RESULT AND DISCUSSION**

Based on the results of the study found 4 out of 5 characteristics of anorexia nervosa tendencies according to Maslim (2013:72) on facebook social media users, especially in the comment column for the "MinuteVideos Indonesia" account. The four characteristics are: first, deliberately reducing weight. Second, avoid foods that contain fat or do one of the following: stimulate vomiting of food, take laxatives, exercise excessively and use drugs to reduce appetite. Third, the body image is distorted. Fourth, there is amenorrhea disorder. In accordance with theory Yule (2014:93) which says that expressive speech acts are speech acts that state something that is felt by the speaker and reflects psychological statements, with the form of speech in the form of statements of joy, difficulty, liking, hatred, pleasure, misery or other forms of psychological expression adapted to the speaker's feelings. Of the four characteristics, there are several forms of expressive speech acts along with their referential meanings in

accordance with theory Aminuddin (2011:55) which is the meaning that still relies on the meaning of the basic pointer results.

### 1. Deliberately Losing Weight

Expressive speech acts used by facebook users with a tendency to anorexia nervosa intentionally reduce body weight and limit food intake, such as:

“Aku sehari cuma makan satu butir telur rebus sama satu buah apel, 10 hari turun 5 kg tapi jangan ditiru ini benar-benar gak sehat, bulan maret berat badanku 49 sekarang 38. Kita **jadi lebih moodian dan susah fokus belajar**”.

("I only eat one hard-boiled egg a day with one apple, 10 days down 5 kg but don't imitate this it's really unhealthy, in march my weight is 49 now 38. We **become more moody and it's hard to focus on studying**").

The form of expressive speech act used by the speaker is a speech act of difficulty. Speech difficulties are speeches that state something the speaker feels about a situation. Speakers try to express their feelings with speech acts of difficulty which are marked by the words being more moody and difficult to focus on learning. The context of the speech can be seen from the situation in the speech which intends to reveal the difficulties or difficulties felt by the speaker. The referential meaning of the speech is taken from the expressive speech marker, namely the word difficult. The word difficult has a referent that is not easy, difficult and difficult which in the quote means that the speaker is difficult to focus on learning and emotions become unstable due to the extreme diet that is carried out.

### 2. Avoiding Foods That Contain Fat/Do One of the Following:

#### a. Avoiding Foods That Contain Fat

Expressive speech acts used by facebook users with a tendency to anorexia nervosa avoid foods that contain fat, such as:

“Keasikan diet dan ketakutan balik gendut aku hampir gak nyentuh makanan sama sekali paling cuma biskuit atau roti sama juss. Suatu malam aku **gak bisa berdiri tegak aku merasa seluruh usus dan uratku menciut**. Pas diperiksa ternyata

lambungku bocor karena kadar asam yang berlebih”

(“I was so excited about my diet and the fear of being fat, I almost didn't touch food at all, mostly just biscuits or bread and juice. One night I **couldn't stand up straight I felt my whole intestines and veins shrink**. When I checked it turned out that my stomach was leaking due to excessive acid levels”).

The form of expressive speech acts used by speakers is the speech act of misery. Speech misery is a speech that states something the speaker feels about a situation. The speaker tries to express his feelings with misery utterances which are marked by the words unable to stand up straight. The context of the speech can be seen from the situation in the speech which intends to express feelings of suffering. The referential meaning of the speech is taken from the expressive speech marker, namely the word can't. The word can't have a referent, namely unable, powerless, difficult which in the quote means that the speaker is unable to stand up and even feels that his entire intestines and veins are shrinking because the stomach is leaking due to the extreme diet.

#### **b. Vomiting Excessive Food and Exercise**

Expressive speech acts used by facebook users with a tendency to excessive exercise anorexia nervosa, such as:

“Aku selalu makan dimuntahin, yoga tiap hari badanku jadi **gampang kedinginan, kuku ku cepat biru, kulit kering, rambut rontok**”.

(“I always eat vomiting, yoga every day my body **gets cold easily, my nails turn blue, dry skin, hair fall out**”).

The form of expressive speech acts used by speakers is the speech act of misery. Speech misery is a speech that states something the speaker feels about a situation. The speaker tries to express his feelings with misery utterances that are characterized by cold words, my nails turn blue quickly, dry skin, and hair fall out. The context of the speech can be seen from the situation in the speech which intends to express feelings of suffering. The referential meaning of the speech is taken from the expressive speech marker, namely the word cold. The word cold has a reference to being cold, suffering from cold, too cold, too cold which in the quote means that the speaker feels too cold, the nails turn blue,

### 3. *Body Image Distorted*

Expressive speech acts used by facebook users with a tendency towards anorexia nervosa, a distorted body image or an over-assessment of body weight so that they intentionally reduce weight, such as:

“Aku malah selalu merasa badanku gemuk padahal menurut orang lain aku ini kurus. **Terima kasih** buat videonya, sekarang yang terpenting bagiku adalah aku harus sehat agar aku bisa menjalani aktivitasku secara normal”.

(“I always feel like I'm fat even though other people think I'm thin. **Thank you** for the video, now the most important thing for me is that I have to be healthy so that I can carry out my normal activities”).

The form of expressive speech act used by the speaker is a thank you speech act. A thank you speech is an utterance that states something the speaker feels about a situation. The speaker tries to express his feelings by saying thank you which is marked by the word thank you. The context of the speech can be seen from the situation in the speech which intends to express the speaker's gratitude. The referential meaning of the speech is taken from the expressive speech marker, namely the word thank you. The word thank you has a reference, namely giving thanks or returning the favor after receiving kindness which in the quote means that the speaker returns the favor after receiving kindness from the "MinuteVideos Indonesia" account because the video posting of the account makes him realize that health is important.

### 4. *The presence of amenorrhea disorders in women*

Expressive speech acts used by Facebook users are characterized by a tendency to have amenorrhea in women, such as:

“Aku terlalu obsesi punya badan kecil karena sering dibully dulu. Aku mau **tobat** diet. Aku udah gak haid 2 bulan, gak nafsu makan, selalu lemas, pusing, aku takut kena penyakit itu gak tau apa artinya”.

(“I was too obsessed with having a small body because I was often bullied in the past. I want to **repent** diet. I haven't had my period for 2 months, I don't have an appetite, I'm always weak, dizzy, I'm afraid of getting the disease, I don't know what it means”).



The form of expressive speech acts used by speakers is a deterrent speech act. A deterrent utterance is an utterance that states something the speaker feels about a situation. The speaker tries to express his feelings with a deterrent speech which is marked by the word repentance. The context of the speech can be seen from the situation in the speech which intends to express feelings of deterrence and feelings of regret. The referential meaning of the speech is taken from the expressive speech marker, namely the word repentance. The word repentance has a referent that is aware, sorry and intends to improve which in the quote means that the speaker regrets going on an extreme diet that causes the speaker to experience several diseases.

## CONCLUSION

Based on the results of the study, it can be concluded that of the five characteristics of anorexia nervosa tendencies according to Maslim (2013:71-72) there are four characteristics of anorexia nervosa tendencies in facebook users, namely: *first*, deliberately reducing weight. *Second*, avoid foods that contain fat or do one of the following: stimulate vomiting of food, take laxatives, exercise excessively and use drugs to reduce appetite. *Third*, the body image is distorted. *Fourth*, there is amenorrhea disorder. This tendency to anorexia nervosa can be experienced by various types of people, both men and women. Expressive speech acts are speeches that state something the speaker feels about a situation. Referential meaning is the meaning that has a reference or a reference that has a relationship with a mutually agreed meaning or a meaning that is in accordance with the dictionary. There are several types of expressive speech acts used by facebook users who have anorexia nervosa tendencies, namely: desire, complaint, misery, deterrence, difficulty, seriousness, gratitude, dissatisfaction, criticism, sadness, similarity, gratitude, dislike. The most dominant speech act expressed by the facebook user is the expression of similarity with the referential meaning namely the expression that the speaker experiences something similar to the story in the video about the tendency of anorexia nervosa he watched.

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