

The Relationship between Watching Mukbang Video with Dietary Behavior and Nutrition Status in Teens

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Abstract : The trend of the mukbang has a distinct attraction for those who watch it and thus encourage one to eat. It has a positive and negative impact on dietary behavior and nutritional status, including teens those of more frequently watching mukbang videos. This study is to learn the relationship between watching video mukbang and dietary behavior and nutrition status in teens. The method done in this study is the literature review of critical assessments previously published. Articles from the two databases of Pubmed and Science Direct. The ten articles were analyzed and synthesized based on screening, selection, and selection of articles. Studies show that watching habits can encourage unhealthy eating practices and potentially addictive use of technology that can result in teens gaining weight commonly known as obesity. However, this habit also has a positive impact related to increasing the appetite of teenagers. Based on the results of the literature, it can be concluded that there is a relationship between the habit of watching mukbang video with dietary behavior and nutrition status in teens. That habit has both positive and negative impacts, but the negative impact is more.

INTRODUCTION

As we know, mukbang's content has become a global trend on social media. Mukbang is an eating show recording the video broadcast by eating a lot of food and Posting it on an online video platform. The mukbang movement started in South Korea about 2008. Originally, mukbang's video content is available only on a video platform called afreeca TV, and it thrives on other video platforms such as youtube, vimeo, to twitch. The rapid growth of technology and the Internet makes streaming (live content) a mukbang into one of the most popular activities for teens. In this respect mukbang is portrayed as a virtual substitute that is used for socializing while eating so as to have a special attraction to the person who watches it that encourages one to eat.

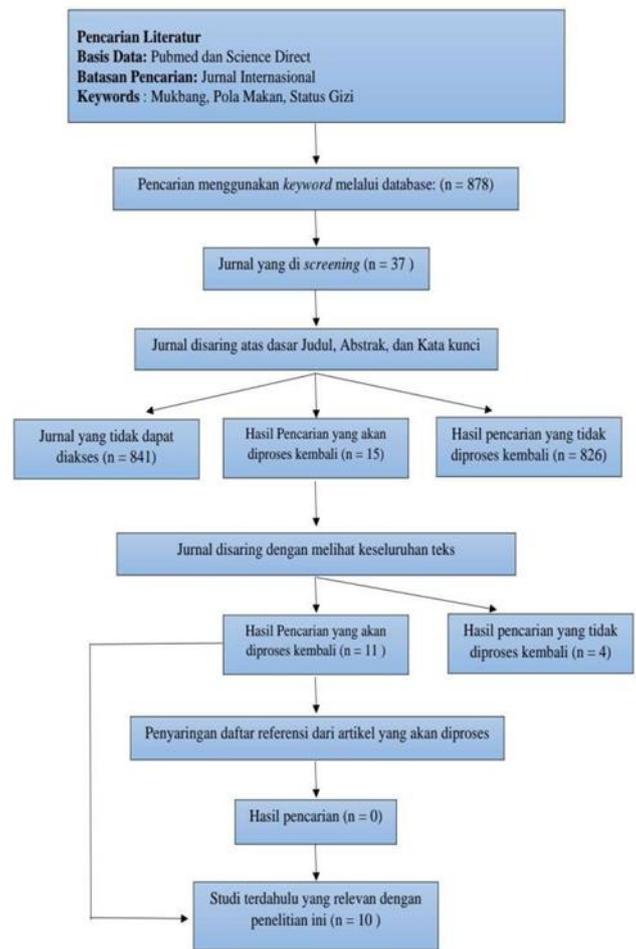
In Indonesia, mukbang's video content is more popular on a youtube video platform than

any other video platform. Youtube is one of the sharing media sites where users can share other images, podcast, and online videos. In the mukbang video, the food eaten was mostly spicy. Besides the ancient climate of the society of the collective custom, it was influenced by Indonesia's climate. Frequent hot climate in Indonesia is making people feel hot. Using spicy food makes a person sweat so that it cools the body and lasts longer than cold food. Consuming cold food cool the body, but the effect lasts only about 15 to 20 minutes, after which a person will feel more hot. This is because cold food only cools the body parts that come into contact with it, then the body will bring heat to the cold to compensate for that which will eventually overcompensate. While consuming spicy foods does not actually raise body temperature, the brain is affected by capsaicinoids contained in chili peppers to produce perspiration and thus cool the body in the long run.

The practice of watching videos of mukbang has had a positive effect on those who watch them, especially teenagers. It can be used to be a productive work by broadcasting by eating food in vast amounts of money that comes from the food supply. Furthermore, a mukbang trend can boost a youth's mood for appetite. But it also has a negative effect on adolescents especially on diet and nutritional status. In this study, will further examine the relationship between watching video habits and diet and nutrition in youth.

METHOD

The method carried out in this study is the literature review of critical assessments previously published. Articles from the two databases of Pubmed and Science Direct match the inklational criteria and are analyzed to answer the research objectives. The criteria for inclusion of the articles in research include articles that have been published in international journals and full-text. Literature search uses keywords "Mukbang; Nutrition Status; Dietary Behavior." The process of research is undertaken comprehensive in 4 stages in which key words, headings, abstract, and the entire text are used. The ten articles were analyzed and synthesized for research based on screening, selection, and selection of articles.



RESULTS

No	Titles, Names and Years	Purpose	Research Methods	Sample	Results
1	Mukbang and Cookbang Watching Status and Dietary Life of University Students Who Are Not Food and Nutrition Majors. Sowon Yun, hyunjoo, and Hongmie Lee. 2020.	This study sought to compare the Mukbang and Cookbang watching status of university students with their dietary life.	The method of this study uses the quantitative method by filling questionnaires into data collection researchers divide into three groups based on the frequency of watching mukbang and cookbang and a statistical analysis of	The students who followed the study included 380 students who were not food and nutrition majors from a university in gyeonggi, Korea.	The result is a mass of 88.8% and 70.0% of all participants, often watching mukbang and cookbang that is from three days a week or more. Those who watch mukbang often have worse diets than those who don't watch. Most participants feel that watching cookbang can improve their diet rather than aggravate it. Watching mukbang worsens

			the survey using SPSS.		their diet more than repairing it.
2	Nutrition and Body Weights of Canadian Children Watching Television and Eating while Watching Television. Tina Liang, Stefan Kuhle, and Paul J Veugelers. 2009.	The study to analyze the effects of eating while watching television on the risks of poor nutrition and overweight based on the length of time spent watching.	A survey method of this study is to provide the parents with the television watching of their children. The questionnaire is also given to the student and then the statistical analysis uses SPSS.	Participating students are 5th graders in the province of Nova Scotia, Canada and their parents.	Either watching or eating in front of the television is associated with the quality of the diet and weight of the student. More and more television viewing leads to higher intake of fats and sugars while fruit and vegetables become low and thus have a positive relationship with overweight. This is because children are affected by what is advertised on televisions that are generally high in fat and sugar.
3	Mukbang and Disordered Eating: A Netnographic Analysis of Online Eating Broadcasts. Mattias Strand and Sanna Aila Gustafsson. 2020.	The study was to analyze the relation of a mukbang viewing experience with eating disorders.	The study uses qualitative methods to approach netnographic by analyzing youtube comments and reddit posts.	A writer analyzes two things. The first youtube video commentary is mukbang popular with a total of 174,000 rated youtube comments. The second is an online postmark analysis regarding mukbang and eating disorders on the reddit website.	Analysis suggests that mukbang can restrict and increase food, reduce loneliness and guilt and self-harm. For some mukbang can become a building tool to increase food intake, prevent overeating, or reduce loneliness. But for some, it is destructive nature that can motivate a limited meal or trigger an uncontrolled relapse. The phenomenon of watching mukbang is not necessarily considered to be beneficial or destructive but can be both beneficial and painful.
4	Problematic mukbang Watching and Its Relationship to Disordered Eating and Internet Addiction : A Pilot Study Among Emerging Adult Mukbang Warchers. 2021.	The study aims to test predictive roles of watching problem mukbang on eating disorders and Internet trends.	This research method employs the online survey method.	The sample used consisted of a Turkish mukbang audience who watched mukbang in the last 30 days and completed an online survey.	Research has shown that watching mukbang is associated positively with eating disorders and Internet addiction. Spending excessive time watching and preoccupied with watching mukbang to facilitate mood swings can encourage unhealthy eating practices and potentially addictive use of technology.
5	Watching Television while Eating Associations with Dietary Intake and Weight Status among a	The study aims to assess (1) how often children eat by watching TV, (2) the relationship between eating children's food	The method used is etode cross-sectional and carried out between 2015 2016.	The samples used were 5-7 year old children (n:150; Each of the 25 white non-hispanic backgrounds,	Studies have shown that watching TV during meals is linked to unhealthy intake from several food groups. However, watching TV at meals has nothing to do with race or ethnicity. There is also no link between the

	Diverse Sample of Young Children.	during TV depending on the type of food or race/ethnicity, and (3) the relationship between the amount of food consumed on TV with the quality of food or of child obesity status.		American Africa, Latin, native America, Somalia, Hmong).	amount of food consumed on TV and diet quality or status of obesity.
6	Watching attitude factors in Conveyance of mukbang Shows. Zenyt Styawan and Danang Sangga Buwana. 2023.	The study aims to describe the role of viewing in broadcasting mukbang.	The method used was to use paradigma positivism with a quantitative approach and a survey method.	The sample was used as a 15 year-old 15 year-old boy.	Studies have shown that there is an influence between health awareness in a mukbang broadcast with the intention of watching SMKN 1 Bekasi students.
7	An Analysis of the Relationship Between Body Composition and Watching Korea's One Person Mukbang (Binge Eating Show) on the Internet. Sung Bum Ju. 2020.	The study was intended to test the relationship between the physical and physiological composition of a person related to the health where watching a video of mukbang was over 6 months old..	These research methods use the kuisisoner method.	The sample used was 140 20- year-old adults in the south Korean city of cheonan. The sample will be divided into groups that watch videos of mukbang once or more for 6 months and groups that never watch videos of mukbang for 6 months.	Studies have shown that there is no difference in the composition of the body between those who watch mukbang videos once or more for 6 months and those who do not watch videos of mukbang for 6 months.
8	The popularity of Eating Broadcast Content Analysis of "Mukbang" Youtube Videos, Media Coverage, and The Health Impact of "Mukbang" on Public. Eunkyo Kang, Jihye Lee, Kyae Hyung Kim, and Young Ho Yun. 2020.	The study was to analyze mukbang's video content and watch videos related to health habits.	The methods used in this study are for video and survey analysis.	The samples in this study are youtube videos and news articles. The youtube video used is the youtub mukbang video that has watched over 10,000 viewers over the past two years. And the news article used was a news media article on "mukbang" from 10 online	Studies have shown that a mukbang video can affect a person's eating habits because of substitutions and an urge to eat while watching a video.

				newspapers for 6 years.	
9	Healt Treats of New Social Media Trends: The Effects of Frequent Mukbang Watching on Overweight and Obesity.	The study was intended to investigate the frequent effects of watching videos of mukbang on overweight and obese among the adults in Korea.	The method used in this study was instrumental approach.	Samples used in this study are data from individual levels of consumer behavior surveys for food in 2018, 2019, and 2020 done by the Korea Rural Economic Institute.	Studies show that frequent viewing of the mukbang tends to increase morility, mortality, and health care costs, as well as lower jobs, military recruits, and individual welfare by contributing to a clinical overweight status.
10	The Relationship Between Watching Mukbang (Eating Show), Eating Behaviors, and Anthropometric Parameters in Iranian Female Students. Fatemeh manafi Anari, M.Sc and Shahryar Eghtesadi,PhD. 2023.	The study aims to find a link between watching mukbang with eating behavior and anthropometrics tricks to students in islamicazad university. Science and research branch, Tehran, Iran.	The research method used was the method of questionnaires.	The sample used was 114 18- year-old students chosen using the simple random sampling system.	Research shows that the lack of significant contact between the watch frequency mukbang and the controlled eating behavior. While there was an significant connection between external eating behaviors by watching frequency mukbang.

DISCUSSION

The study shows that watching videos habits are linked to the diet and nutrition status of teens. Mukbang's watching habits have an impact on a person's diet and nutritional status. Viewing habits expose one to the diet of others in which it encourages unhealthy eating practices and the use of potentially addictive technologies, which can result in an increase in one's weight or what is commonly called obesity and also in attention susceptible groups. However, while these habits are having adverse effects, they can also have little positive effects associated with increased appetite.

Overall the results from the study said that watching videos mukbang has an negetive impact on a person's diet and nutritional status. Previous studies said the extravagant feasting activities shown by thin and slender mukbangers have been claimed to manipulate our audience's

perception of consumption and get into shape. Watching videos mukbang by seemingly healthy individuals can enable viewers to view overeating as normal behavior that has no negative consequences (for example, weight gain, and other health problems). It may promote frequent feast disorders, which are the most common eating disorders in the world.

Watching videos of mukbang during meals can result in lower levels of consumption so that they tend to eat more than those who watch non-food videos. Mukbang also indirectly encourages diet people to want more to eat. In another study also mentioned that the discovery of a significant difference between weight and bmi and the watch frequency of mukbang. The average person's weight and bmi increased as a result of watching mukbang. Moreover, the habit of watching videos can also lead to an addiction to the Internet.

Despite the negative effects of watching a mukbang video, watching a video of mukbang while eating also has the benefit of some of them can reduce the solitude of eating. Moreover, watching videos that mukbang can increase a person's appetite and guilt over overeating food. It can be said that the habit of watching the mukbang video had its benefits and caused severa's losses in the same time.

CONCLUSION

Based on literature it is concluded that there is a link between watching mukbang habits and the diet and nutrition status of youth. The watch habit of mukbang has negative and positive impact but after analyzing more of the negative impact than of positive impact. Watching mukbang can aggravate the diet and encourage teens to eat what they watch as buying comfort foods that are commonly high in fat and sugar. This can affect teen excess weight if it is frequent. Even so, for some people watching mukbang can actually increase food intake, reduce overeating, or reduce loneliness.

In view of the negative impact, it is expected that the government will be more concerned with developing a nutritional education that emphasizes prudent mukbang consumption. For further development studies can be further enhanced through quantitative research by analyzing the content of foods that are used as mukbang.

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