

## **Gambaran Citra Tubuh Terhadap Perilaku *Restrained Eating* pada Mahasiswa: *Literature Review***

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### **ABSTRAK**

**Latar Belakang :** Dalam beberapa tahun terakhir, banyak terjadi dewasa muda yang melakukan pola makan yang salah akibat memiliki ketidakpuasan terhadap bentuk badannya. Fenomena yang terlihat banyak mahasiswa khususnya perempuan yang takut menjadi gemuk sehingga melakukan pembatasan asupan makanan untuk menurunkan atau mempertahankan berat badan.

**Tujuan :** Pada studi literatur ini, bertujuan untuk mengetahui gambaran pengaruh citra tubuh terhadap perilaku *restrained eating* pada mahasiswa.

**Metode :** Penelitian ini merupakan studi literatur dengan metode naratif review dengan jumlah jurnal yang digunakan sebanyak 5 jurnal terkini yang sudah melalui seleksi berdasarkan kriteria inklusi. Data yang diambil meliputi penulis/tahun, judul dan tujuan penelitian, karakteristik studi dan hasil melalui database *Google Scholar*, *ScienceDirect*, dan *PubMed*. Data disintesis menggunakan tabel ekstraksi jurnal.

**Hasil :** Hasil dari studi literatur bahwa semua artikel membuktikan terdapat pengaruh gambaran citra tubuh terhadap perilaku *restrained eating* pada mahasiswa. Gambaran citra tubuh yang buruk pada diri mahasiswa menyebabkan perilaku *restrained eating* cenderung lebih tinggi. Bentuk gambaran citra tubuh yang negatif yakni adanya perasaan malu atau ketidakpuasan terhadap tubuh yang dapat disebabkan adanya pengaruh factor standar kecantikan ideal bentuk tubuh. Standar kecantikan yang ada di sosial yang membuat kecenderungan terjadinya perilaku kegiatan membatasi makanan dengan tujuan untuk menurunkan berat badan. Pembatasan asupan makanan dilakukan untuk mengontrol berat atau bentuk tubuh, sehingga erat kaitannya antara pengaruh gambaran citra tubuh terhadap perilaku *restrained eating*.

**Kesimpulan :** Gambaran citra tubuh memberikan pengaruh pada kejadian perilaku *restrained eating* pada mahasiswa. Jika terus dilakukan tanpa kendali yang tepat, perilaku *restrained eating* akan berdampak buruk pada kesehatan dan status gizi.

**Kata Kunci :** citra tubuh, *restrained eating*, mahasiswa.

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## **Overview of Body Image on Restrained Eating Behavior in College Students : Literature Review**

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### **ABSTRACT**

**Background :** In recent years, there have been many young adults who engage in eating disorders due to dissatisfaction with their body shape. The phenomenon seen is that many college students, especially women, are afraid of becoming fat so they limit their food intake to lose or maintain their weight.

**Objective :** In this literature review, it aims to determine the effect of body image on restrained eating behavior in college students.

**Methods :** This research is a literature study with a narrative review method with the number of journals used as many as 5 current journals that have been selected based on inclusion criteria. Data retrieved included author/year, title and purpose of the study, study characteristics and results through Google Scholar, ScienceDirect, and PubMed databases. Data were synthesized using journal extraction tables.

**Results :** The results of the literature study that all articles prove that there is an influence of body image on restrained eating behavior in college students. Poor body image in students causes restrained eating behavior to tend to be higher. The form of negative body image picture is a feeling of shame or dissatisfaction with the body that can be caused by the influence of ideal beauty standards. Beauty standards that exist in social settings that make the tendency for restricted eating to occur with the aim of losing weight. Restriction of food intake is done to control body weight or shape, so there is a relationship between the influence of body images on restrained eating behavior.

**Conclusion :** Body image influences the incidence of restrained eating behavior in university students. If continued without a proper control, restrained eating behavior will have a negative impact on health and nutritional status.

**Keywords :** body image, restrained eating, college students.

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