

Hubungan *Body Image* dan Perilaku Makan dengan Status Gizi pada Remaja Putra

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ABSTRAK

Latar Belakang: Pemenuhan gizi pada masa remaja perlu diperhatikan karena terjadinya peningkatan kebutuhan gizi untuk mendukung tumbuh kembang remaja. Persepsi tubuh ideal menjadi perhatian remaja akibat perubahan fisik yang mereka alami, di sisi lain kebiasaan makan pada remaja cenderung tidak memenuhi kebutuhan dan anjuran gizi.

Tujuan: Menganalisis hubungan antara *body image* dan perilaku makan dengan status gizi pada remaja putra.

Metode: Penelitian observasional dengan desain *cross-sectional* pada 86 subjek remaja putra berusia 15-18 tahun di SMAN 1 Banjarnegara yang dipilih secara acak. Data *body image* diperoleh dengan kuesioner ABISS-16 (*The Adolescent Body Image Satisfaction Score-16*), data perilaku makan dengan kuesioner AFHC (*Adolescent Food Habit Checklist*), data aktivitas fisik dengan kuesioner IPAQ-SF (*International Physical Activity Questionnaire-Short Form*), data berat badan dan tinggi badan melalui pengukuran langsung. Analisis statistik yang digunakan yaitu uji korelasi *Rank Spearman*.

Hasil: Sebanyak 70,9% subjek berstatus gizi baik, subjek yang tidak puas terhadap bentuk tubuh sejumlah 53,5% subjek. Perilaku makan subjek yang baik dan kurang baik memiliki proporsi masing-masing 50%. Sebagian besar subjek beraktivitas fisik sedang. Terdapat hubungan *body image* dengan status gizi ($p=0,035$, $r_s=-0,228$), tidak ada hubungan perilaku makan ($p=0,624$, $r_s=-0,054$) dan aktivitas fisik ($p=0,123$, $r_s=0,167$) dengan status gizi.

Simpulan: Terdapat hubungan antara *body image* dengan status gizi namun tidak terdapat hubungan antara perilaku makan dengan status gizi.

Kata Kunci: *Body image*; perilaku makan; aktivitas fisik; status gizi; remaja putra

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Correlation between Body Image and Eating Behavior with Nutritional Status in Male Adolescents

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ABSTRACT

Background: Fulfillment of nutrition during adolescence needs to be considered because there is an increase in nutritional needs to support adolescent growth and development. The perception of the ideal body is a concern for adolescents due to the physical changes they experience. On the other hand, adolescents' eating habits tend not to meet nutritional needs and recommendations.

Objective: Analyzing the correlation between body image and eating behavior with nutritional status in male adolescents.

Methods: Observational research using a cross-sectional research design on 86 male adolescents aged 15-18 years in SMAN 1 Banjarnegara, which were randomly selected. Body image data were obtained using ABISS-16 (The Adolescent Body Image Satisfaction Score-16) questionnaire, eating behavior data were obtained using AFHC (Adolescent Food Habit Checklist) questionnaire, and physical activity data were obtained using IPAQ-SF (International Physical Activity Questionnaire-Short Form). Body weight and height data were obtained through direct measurements. The statistical analysis used is Rank Spearman test.

Results: As many as 70,9% of subjects had a normal nutritional status, 53,5% of subjects were dissatisfied with their body shape. Subjects with good and poor eating behavior had the same proportion, namely 50% each. Most of the subjects had moderate physical activity. There was a relationship between body image with nutritional status ($p=0,035$, $r_s=-0,228$). There was no relationship between eating behavior ($p=0,624$, $r_s=-0,054$) and physical activity ($p=0,123$, $r_s=0,167$) with nutritional status.

Conclusion: There was a correlation between body image with nutritional status, however there was no correlation between eating behavior with nutritional status.

Keywords: Body image; eating behavior; physical activity; nutritional status; boy adolescents

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