

ABSTRAK

NENG TRIA MUTIA KURNIASARI

HUBUNGAN CITRA TUBUH DAN AKTIVITAS FISIK DENGAN STATUS GIZI REMAJA (STUDI OBSERVASIONAL PADA SISWA SMA NEGERI 9 KOTA TASIKMALAYA TAHUN 2024)

Status gizi merupakan keadaan tubuh yang diakibatkan oleh keseimbangan antara asupan zat gizi dengan kebutuhan yang diperlukan untuk metabolisme tubuh. Penelitian ini bertujuan untuk menganalisis hubungan antara citra tubuh dan aktivitas fisik dengan status gizi remaja. Metode penelitian yang digunakan yaitu studi observasional dengan desain *cross sectional*. Jumlah sampel dalam penelitian ini sebanyak 95 orang dengan teknik *proportional random sampling*. Pengumpulan data dilakukan menggunakan kuesioner karakteristik responden, *Body Shape Questionnaire* (BSQ-34), *Global Physical Activity Questionnaire* (GPAQ), dan pengukuran antropometri. Analisis data dilakukan dengan menggunakan uji *chi-square*. Hasil penelitian menunjukkan terdapat hubungan antara citra tubuh ($p=0,002$) dan aktivitas fisik ($p=0,002$) dengan status gizi remaja. Kesimpulan penelitian ini terdapat hubungan antara citra tubuh dan aktivitas fisik dengan status gizi remaja. Saran bagi remaja untuk menampilkan percaya diri terhadap bentuk dan ukuran tubuhnya selama masih dalam batas status gizi normal, dan meningkatkan aktivitas fisik agar mampu menunjang status gizi yang normal.

Kata kunci: Aktivitas Fisik, Citra Tubuh, Status Gizi Remaja

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ABSTRACT

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THE RELATIONSHIP BETWEEN BODY IMAGE AND PHYSICAL ACTIVITY WITH ADOLESCENTS' NUTRITIONAL STATUS (OBSERVATIONAL STUDY OF STUDENTS OF STATE SENIOR HIGH SCHOOL 9, TASIKMALAYA CITY IN 2024)

Nutritional status is a state of the body caused by the balance between nutrient intake and the needs required for body metabolism. This study aims to analyze the relationship between body image and physical activity with adolescent nutritional status. The research method used is an observational study with a cross-sectional design. The number of samples in this study was 95 people with a proportional random sampling technique. Data collection was carried out using a respondent characteristic questionnaire, Body Shape Questionnaire (BSQ-34), Global Physical Activity Questionnaire (GPAQ), and anthropometric measurements. Data analysis was carried out using the chi-square test. The results of the study showed that there was a relationship between body image ($p = 0.002$) and physical activity ($p = 0.002$) with adolescent nutritional status. The conclusion of this study is that there is a relationship between body image and physical activity with adolescent nutritional status. Advice for adolescents to show confidence in their body shape and size as long as it is still within the limits of normal nutritional status, and increase physical activity to be able to support normal nutritional status.

Keywords: *Physical Activity, Body Image, Nutritional Status of Adolescents*