

ABSTRAK

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HUBUNGAN *BODY IMAGE* DENGAN POLA MAKAN PADA REMAJA SEKOLAH MENENGAH PERTAMA NEGERI DI KOTA TASIKMALAYA TAHUN 2024

Pola makan merupakan perilaku seseorang terhadap makanan yang tersusun meliputi tingkat kecukupan energi, jumlah jenis makanan, frekuensi makan dan kebiasaan makan. Faktor-faktor yang mempengaruhi pola makan salah satunya *body image*. Tujuan penelitian adalah menganalisis hubungan antara *body image* dengan pola makan pada remaja. Penelitian ini merupakan studi observasional dengan pendekatan *cross sectional*. Populasi penelitian sebanyak 4.061 siswa/siswi dengan 384 subjek yang dipilih dengan metode *proportional random sampling*. *Body image* diukur dengan *Body Shape Questionnaire* (BSQ-34), sedangkan pola makan diukur dengan mengukur asupan makanan, jumlah jenis makan, frekuensi makan dan kebiasaan makan. Asupan makanan dan frekuensi makan diukur dengan metode *food recall* 3x24 tidak berturut-turut, keragaman makanan diukur dengan kuesioner *Individual Dietary Diversity Score* (IDDS), dan kebiasaan makan diukur dengan kuesioner *Adolescent Food Habit Checklist* (AFHC). Analisis data menggunakan uji *chi-square*. Hasil penelitian menunjukkan sebagian besar remaja memiliki *body image* negatif (62,5%), tingkat kecukupan energi kurang (95,6%), jumlah jenis makan kurang (53,1%), frekuensi makan kurang (52,6%) dan kebiasaan makan kurang sehat (54,4%). Hasil uji *chi-square* menunjukkan tidak terdapat hubungan antara *body image* dengan tingkat kecukupan energi ($p=0,063$), tetapi terdapat hubungan dengan jenis asupan makanan ($p=0,015$), frekuensi makan ($p=0,010$) dan kebiasaan makan ($p=0,030$) pada remaja SMP Negeri di Kota Tasikmalaya tahun 2024. Remaja diharapkan dapat menerima perubahan yang terjadi selama masa pubertas, meningkatkan persepsi *body image* dan tidak membanding-bandingkan diri sendiri dengan orang lain agar memiliki pola makan yang baik sehingga kebutuhan zat gizi sehari-hari dapat terpenuhi

Kata Kunci: *body image*, pola makan, remaja.

ABSTRACT

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THE RELATIONSHIP BETWEEN BODY IMAGE AND EATING PATTERNS IN ADOLESCENTS OF JUNIOR HIGH SCHOOL IN TASIKMALAYA CITY 2024

Food pattern is a person's behavior towards food including the type, amount and frequency of food intake. One of the factors that influences eating patterns is body image. The purpose of this study was to analyse the relationship between body image and eating patterns in adolescents. This research was observational with a cross-sectional approach. Subject was 384 junior high school students that was selected by proportional random sampling from 4,061 students. Body image was measured by Body Shape Questionnaire (BSQ-34), while eating patterns was measured by measuring of dietary intake, dietary diversity, frequency of food intake and eating habits. Dietary intake and frequency of food intake were measured by 3x24 non-consecutive food recall methods, dietary diversity was measured by Individual Dietary Diversity Score (IDDS) questionnaire, and eating habits was measured by Adolescent Food Habit Checklist (AFHC) questionnaire. Data was analyzed using the chi-square test. The results showed that most of adolescents had a negative body image (62.5%), poor energy adequacy (95.6%), poor of the type of food intake (53.1%), poor food frequency (52.6%) and unhealthy eating habits (54.4%). The results of chi-square test showed that there was no relationship between body image and the level of energy adequacy ($p=0.063$), but there were the correlation with the type of food intake ($p=0.015$), frequency of eating ($p=0.010$) and eating habits ($p=0.030$) in public junior high school adolescents in Tasikmalaya City in 2024. Adolescents are expected to accept changes that occur during puberty, improve body image perceptions and not compare themselves with others in order to have a good diet so that daily nutritional needs can be met.

Kata Kunci: *body image, food patterns, adoloscent*