

**FAKULTAS ILMU KESEHATAN
UNIVERSITAS SILIWANGI
TASIKMALAYA
PROGRAM STUDI GIZI
2023**

ABSTRAK

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**HUBUNGAN PERILAKU MAKAN DAN CITRA TUBUH DENGAN
KEJADIAN KEGEMUKAN REMAJA PUTRI (STUDI PADA SISWI SMA
NEGERI 1 KEDUNGREJA KABUPATEN CILACAP TAHUN 2022)**

Kegemukan banyak terjadi pada remaja putri yang dapat menyebabkan gangguan kesehatan. Faktor yang dapat menyebabkan kegemukan pada remaja putri antara lain perilaku makan dan citra tubuh. Tujuan penelitian adalah menganalisis hubungan perilaku makan dan citra tubuh dengan kejadian kegemukan remaja putri. Penelitian ini merupakan penelitian observasional analitik dengan pendekatan *cross sectional*. Populasi penelitian ini adalah 608 siswi dengan sampel 161 subjek dipilih dengan metode *proportionate random sampling*. Perilaku makan diukur menggunakan kuesioner *Adolescent Food Habit Checklist* (AFHC), citra tubuh diukur menggunakan kuesioner *Body Shape Questionnaire* (BSQ) dan kegemukan diukur dengan *z-score* IMT/U. Hasil penelitian menunjukkan sebagian besar remaja putri memiliki perilaku makan baik (60,2%), citra tubuh negatif (57,1%) dan gemuk (17,4%). Hasil uji statistik dengan *chi-square* menunjukkan terdapat hubungan antara perilaku makan ($p=0,000$) dan citra tubuh ($p=0,000$) dengan kegemukan remaja putri siswi SMA Negeri 1 Kedungreja Kabupaten Cilacap tahun 2022. Remaja putri disarankan dapat menerapkan perilaku makan yang baik dan citra tubuh positif agar memiliki status gizi baik dan tidak mengalami kegemukan.

Kata Kunci : citra tubuh, kegemukan, perilaku makan, remaja putri

ABSTRACT

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THE CORRELATION BETWEEN EATING BEHAVIOR AND BODY IMAGE WITH OVERWEIGHT IN FEMALE ADOLESCENT (STUDY ON STUDENTS OF SMA NEGERI 1 KEDUNGREJA, CILACAP DISTRICT, 2022)

Overweight occurs in female adolescent which can cause health problems. Factors that can cause overweight in female adolescent include eating behavior and body image. The research objective was to analyze the correlation between eating behavior and body image with the incidence of overweight in female adolescents. This research is an analytic observational study with a cross sectional approach. The population of this study were 608 female students with a sample of 161 subjects selected by proportional random sampling method. Eating behavior was measured using the Adolescent Food Habit Checklist (AFHC) questionnaire, body image was measured using the Body Shape Questionnaire (BSQ) and overweight was measured by BMI/U z-score. The results showed that most of the female adolescents had good eating habits (60.2%), negative body image (57.1%) and were overweight (17.4%). The results of the statistical test using chi-square showed that there was a correlation between eating behavior ($p=0.000$) and body image ($p=0.000$) with overweight among female adolescent at SMA Negeri 1 Kedungreja, Cilacap District in 2022. Female adolescents are advised to be able to apply good eating behavior and positive body image in order to have good nutritional status and not be overweight.

Keywords: body image, eating behavior, female adolescent, overweight