

**FAKULTAS ILMU KESEHATAN
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ABSTRAK

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HUBUNGAN CITRA TUBUH DAN STATUS GIZI REMAJA PUTRI

Masa remaja merupakan masa yang rentan terhadap gangguan citra tubuh dan masalah gizi. Citra tubuh yang negatif dapat berkontribusi pada gangguan makan dan berdampak pada status gizi remaja. Penelitian ini bertujuan untuk menganalisis hubungan antara citra tubuh, gangguan makan, dan asupan zat gizi makro dengan status gizi remaja putri di SMPN 2 Ciawi Kabupaten Tasikmalaya tahun 2025. Penelitian ini merupakan penelitian kuantitatif dengan desain observasional dan pendekatan *cross sectional*. Sampel penelitian berjumlah 110 siswi, diperoleh melalui teknik total sampling. Pengumpulan data menggunakan *Body Shape Questionnaire* (BSQ-34), *Eating Attitude Test* (EAT-26), *Food Recall* 24 jam, serta pengukuran antropometri dengan timbangan digital dan stadiometer. Hasil analisis data menggunakan metode *Rank Spearman* menyimpulkan terdapat hubungan positif yang kuat antara citra tubuh dengan status gizi ($p\text{-value}=0,000$; $r=0,696$), antara citra tubuh dengan gangguan makan ($p\text{-value}=0,000$; $r=0,789$), dan antara gangguan makan dengan status gizi ($p\text{-value}=0,000$; $r=0,519$). Gangguan makan juga berhubungan positif dengan asupan energi ($p\text{-value}=0,000$; $r=0,469$), protein ($p\text{-value}=0,000$; $r=0,374$), lemak ($p\text{-value}=0,000$; $r=0,333$), dan karbohidrat ($p\text{-value}=0,000$; $r=0,434$). Selain itu, asupan energi ($p\text{-value}=0,000$; $r=0,792$), protein ($p\text{-value}=0,000$; $r=0,672$), lemak ($p\text{-value}=0,000$; $r=0,568$), dan karbohidrat ($p\text{-value}=0,000$; $r=0,763$) berhubungan dengan status gizi. Sehingga dapat disimpulkan terdapat hubungan yang signifikan antara citra tubuh, gangguan makan, dan asupan zat gizi makro dengan status gizi. Disarankan sekolah melakukan edukasi tentang pentingnya citra tubuh yang sehat dan penerimaan diri kepada para siswa, misalnya melalui kegiatan bimbingan konseling, seminar gizi, atau kolaborasi dengan tenaga kesehatan. Upaya ini diharapkan mencegah gangguan makan dan mendorong konsumsi zat gizi makro yang sehat untuk membentuk status gizi remaja yang baik.

Kata kunci: asupan zat gizi makro, citra tubuh, gangguan makan, remaja putri, status gizi

ABSTRACT

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THE RELATIONSHIP BETWEEN BODY IMAGE AND NUTRITIONAL STATUS OF ADOLESCENTS GIRLS

Adolescence is a vulnerable period for body image disturbances and nutritional problems. A negative body image can contribute to eating disorders and affect the nutritional status of adolescents. This study aims to analyze the relationship between body image, eating disorders, and macronutrient intake with the nutritional status of female adolescents at SMPN 2 Ciawi, Tasikmalaya Regency, in 2025. This is a quantitative study with an observational design and a cross-sectional approach. The study sample consisted of 110 female students selected using total sampling. Data collection utilized the Body Shape Questionnaire (BSQ-34), Eating Attitude Test (EAT-26), 24-hour food recall, and anthropometric measurements using a digital scale and stadiometer. Data analysis using the Spearman Rank method revealed a strong positive correlation between body image and nutritional status ($p\text{-value}=0.000$; $r=0.696$), between body image and eating disorders ($p\text{-value}=0.000$; $r=0.789$), and between eating disorders and nutritional status ($p\text{-value}=0.000$; $r=0.519$). Eating disorders were also positively correlated with energy intake ($p\text{-value}=0.000$; $r=0.469$), protein ($p\text{-value}=0.000$; $r=0.374$), fat ($p\text{-value}=0.000$; $r=0.333$), and carbohydrates ($p\text{-value}=0.000$; $r=0.434$). Moreover, energy intake ($p\text{-value}=0.000$; $r=0.792$), protein ($p\text{-value}=0.000$; $r=0.672$), fat ($p\text{-value}=0.000$; $r=0.568$), and carbohydrates ($p\text{-value}=0.000$; $r=0.763$) were associated with nutritional status. It can be concluded that there is a significant relationship between body image, eating disorders, and macronutrient intake with nutritional status. It is recommended that schools provide education on the importance of a healthy body image and self-acceptance to students, for instance through counseling sessions, nutrition seminars, or collaboration with health professionals. These efforts are expected to help prevent eating disorders and promote healthy macronutrient intake to support good adolescent nutritional status.

Key words: *body image, eating disorders, female adolescents, macronutrient intake, nutritional status*