

**FAKULTAS ILMU KESEHATAN
UNIVERSITAS SILIWANGI
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PROGRAM STUDI GIZI
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ABSTRAK

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**HUBUNGAN CITRA TUBUH, KECUKUPAN ZAT GIZI MAKRO, DAN
PENGARUH TEMAN SEBAYA DENGAN STATUS GIZI REMAJA (Studi
Observasional pada Siswa SMK YAPSIPA Tahun 2025)**

Masa remaja adalah fase pertumbuhan yang cepat dan sangat dipengaruhi oleh berbagai faktor internal maupun eksternal. Citra tubuh, kecukupan zat gizi makro, serta pengaruh teman sebaya menjadi determinan penting yang dapat memengaruhi status gizi remaja. Penelitian ini bertujuan untuk menganalisis hubungan antara citra tubuh, asupan zat gizi makro (energi, protein, karbohidrat, lemak), dan pengaruh teman sebaya terhadap status gizi siswa SMK YAPSIPA Kota Tasikmalaya. Penelitian menggunakan desain *cross-sectional* dengan jumlah sampel sebanyak 70 siswa. Pengambilan data menggunakan kuesioner MBSRQ (*Multidimension Body Self Relations Questionnaire*), *food recall* 24 jam, DSSA (*Diet-specific Social Support for Adolescents*), dan pengukuran IMT/U. Analisis menggunakan uji *Chi-Square*. Hasil analisis menunjukkan hubungan yang signifikan antara citra tubuh ($p=0,000$), energi ($p=0,000$), protein ($p=0,000$), lemak ($p=0,015$), dan pengaruh teman sebaya ($p=0,000$) dengan status gizi. Kesimpulan: Citra tubuh, zat gizi makro, dan pengaruh teman sebaya berhubungan signifikan dengan status gizi. Intervensi gizi pada remaja perlu mempertimbangkan faktor psikososial dan keseimbangan asupan nutrisi.

Kata kunci: Citra tubuh, remaja, status gizi, teman sebaya, zat gizi makro

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ABSTRACT

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THE RELATIONSHIP BETWEEN BODY IMAGE, MACRONUTRITION ADEQUACY, AND PEER INFLUENCE WITH ADOLESCENTS NUTRITIONAL STATUS (Observational Study on YAPSIPA Vocational High School Students in 2025)

Adolescence is a phase of rapid growth and is greatly influenced by various internal and external factors. Body image, adequacy of macronutrients, and peer influence are important determinants that can affect the nutritional status of adolescents. This study aims to analyze the relationship between body image, macronutrient intake (energy, protein, carbohydrates, fat), and peer influence on the nutritional status of YAPSIPA SMK students in Tasikmalaya City. The study used a cross-sectional design with a sample size of 70 students. Data collection used the MBSRQ (Multidimension Body Self Relations Questionnaire) questionnaire, 24-hour food recall, DSSA (Diet-specific Social Support for Adolescents), and BMI/A measurement. Analysis used the Pearson correlation test and Chi-Square. The results showed a significant relationship between body image ($p = 0.000$), energy ($p = 0.000$), carbohydrate ($p = 0.000$), protein ($p = 0.000$), fat ($p = 0.015$), and peer influence ($p = 0.000$) with nutritional status. Conclusion: Body image, macronutrients, and peer influence are significantly associated with nutritional status. Nutritional interventions in adolescents need to consider psychosocial factors and balance of nutritional intake.

Keywords: *Adolescents, body image, macronutrients, nutritional status, peers.*