

**FAKULTAS ILMU KESEHATAN
UNIVERSITAS SILIWANGI
TASIKMALAYA
PROGRAM STUDI GIZI
2025**

ABSTRAK

HAULA ALFA IZZATI KARIMA

HUBUNGAN TINGKAT STRES DAN PERSEPSI CITRA TUBUH (*BODY IMAGE*) DENGAN PERILAKU MAKAN PADA REMAJA GEMUK

Overweight dan obesitas pada remaja dapat disebabkan oleh faktor-faktor seperti stres dan citra tubuh karena mempengaruhi perilaku makan mereka. Penelitian ini bertujuan untuk menganalisis hubungan tingkat stres dan persepsi citra tubuh (*Body Image*) dengan perilaku makan pada remaja gemuk di wilayah kerja Puskesmas Bantar Kota Tasikmalaya. Penelitian ini merupakan penelitian analitik observasional dengan desain *cross sectional*. Instrumen yang digunakan pada penelitian ini adalah PSS-10, MBRSQ-AS, dan DEBQ. Populasi dalam penelitian ini sebanyak 54 siswa/i. Menggunakan teknik *sampling non-probability sampling* dengan metode total sampling atau sampling jenuh. Analisis data dilakukan menggunakan uji statistik *chi-square* dengan tingkat kepercayaan 95% ($\alpha=0,05$). Hasil analisis dalam penelitian ini menunjukkan terdapat hubungan yang signifikan antara tingkat stres ($p=0,032$) dan persepsi citra tubuh ($p=0,004$) dengan perilaku makan. Diharapkan siswa/i memperbaiki perilaku makan agar terhindar dari *overweight* dan obesitas.

Kata Kunci : *Overweight*, perilaku makan, stres, persepsi citra tubuh

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ABSTRACT

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THE RELATIONSHIP OF STRESS LEVEL AND PERCEPTION OF BODY IMAGE WITH EATING BEHAVIOR IN OBSEQUENT ADOLESCENTS

Overweight and obesity in teenagers can be caused by factors such as stress and body image because influence their eating behavior. This study aims to analyze the relationship between stress levels and body image perception with eating behavior in obese adolescents in the Bantar Community Health Center working area, Tasikmalaya City. The research is an observational analytical study with a cross sectional design. The population in this study was 54 people. The instruments used in this research were PSS-10, MBRSQ-AS, and DEBQ. Using non-probability sampling techniques with total sampling or saturated sampling methods. Data analysis in this study includes univariate analysis using frequency distribution and bivariate analysis to see the relationship between stress levels and body image and eating behavior in adolescents using the chi-square statistical test with a confidence level of 95% ($\alpha=0.05$). The results of the analysis in this study show that there is a significant relationship between stress level ($p=0,032$) and body image ($p=0,004$) with eating behavior. It is hoped that students will improve their eating behavior to avoid overweight and obesity.

Keywords : *overweight, eating behavior, stress leves, body image*