

**FAKULTAS ILMU KESEHATAN
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PROGRM STUDI GIZI
PEMINATAN GIZI MASYARAKAT
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ABSTRAK

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HUBUNGAN CITRA TUBUH DENGAN ASUPAN ZAT GIZI MAKRO DAN ENERGI PADA REMAJA PUTRI

Triple burden malnutrition merupakan masalah gizi yang dihadapi oleh remaja putri berkaitan dengan ketidakseimbangan asupan zat gizi makro serta adanya faktor psikologis. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara citra tubuh dengan asupan zat gizi makro dan energi. Penelitian ini dilakukan dengan pendekatan studi *cross sectional* yang melibatkan 93 remaja putri di SMA Negeri 4 Tasikmalaya tahun 2026. Data diperoleh menggunakan kuesioner dan 3 x *food recall* 24 jam. Analisis bivariat dilakukan dengan uji *pearson product moment* dan *Rank Spearman*. Hasil penelitian menunjukkan rata-rata usia responden 16,6 tahun dan sebagian besar responden adalah remaja putri kelas X. Rata-rata asupan energi sebesar 1.386,2 kkal, median asupan protein sebesar 42,8 gram, median asupan lemak sebesar 55,8 gram, dan rata-rata asupan karbohidrat sebesar 68,6 gram. Uji korelasi menunjukkan hubungan signifikan antara citra tubuh dengan asupan energi ($p\text{-value} = 0,000$; $\rho = -0,419$), citra tubuh dengan asupan protein ($p\text{-value} = 0,000$; $\rho = -0,393$), citra tubuh dengan asupan lemak ($p\text{-value} = 0,000$; $\rho = -0,399$), citra tubuh dengan asupan karbohidrat ($p\text{-value} = 0,000$; $\rho = -0,457$), asupan protein dengan asupan energi ($p\text{-value} = 0,000$; $\rho = 0,736$), asupan lemak dengan asupan energi ($p\text{-value} = 0,000$; $\rho = 0,761$), dan asupan karbohidrat dengan asupan energi ($p\text{-value} = 0,000$; $\rho = 0,831$). Citra tubuh berhubungan dengan asupan zat gizi makro dan zat gizi makro berhubungan secara signifikan dengan asupan energi. Remaja putri diharapkan memperhatikan asupan dan sekolah dapat mengadakan edukasi terkait pentingnya keseimbangan asupan zat gizi.

Kata Kunci: Remaja, Asupan Energi, Asupan Zat Gizi Makro, Citra Tubuh

ABSTRACT

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THE RELATIONSHIP BETWEEN BODY IMAGE WITH MACRONUTRIENT AND ENERGY INTAKE AMONG ADOLESCENT GIRLS

The triple burden of malnutrition is a nutritional problem faced by adolescent girls related to an imbalance in macronutrient intake and the presence of psychological factors. The purpose of this study was to determine the relationship between body image and macronutrient and energy intake. This study was conducted using a cross-sectional design involving 93 adolescent girls at SMA Negeri 4 Tasikmalaya in 2026. Data were collected using a questionnaire and a 3 x food recall 24-hour. Bivariate analysis was performed using the Pearson product-moment correlation test and the Rank Spearman correlation test. The results showed that the average age of the respondents was 16.6 years, and the majority were 10th grade female adolescents. Mean energy intake was 1,386.2 kcal, the median protein intake was 42.8 grams, the median fat intake was 55.8 grams, and the mean of carbohydrate intake was 68.6 grams. Correlation tests revealed significant relationships between body image with energy intake ($p\text{-value} = 0.000$; $\rho = -0.419$), body image with protein intake ($p\text{-value} = 0.000$; $\rho = -0.393$), body image with fat intake ($p\text{-value} = 0.000$; $\rho = -0.399$), body image with carbohydrate intake ($p\text{-value} = 0.000$; $\rho = -0.457$), protein intake with energy intake ($p\text{-value} = 0.000$; $\rho = 0.736$), fat intake with energy intake ($p\text{-value} = 0.000$; $\rho = 0.761$), and carbohydrate intake with energy intake ($p\text{-value} = 0.000$; $\rho = 0.831$). Body image is significantly associated with macronutrient intake, and macronutrient intake is significantly associated with energy intake. Adolescent girls are encouraged to pay attention to their intake, and schools can provide education regarding the importance of balanced nutrient intake.

Keywords: *Adoloscents, Energy Intake, Macronutrient Intake, Body Image*