

**FACULTY OF HEALTH SCIENCES
SILIWANGI UNIVERSITY
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ABSTRACT

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**THE RELATIONSHIP BETWEEN BODY IMAGE AND DIET QUALITY AND
NUTRITIONAL STATUS IN ADOLESCENT GIRLS**

**(Observational Study of Adolescent Girls in Grades 10 and 11 at YAPSIPA
Vocational High School, Tasikmalaya City, 2026)**

Body image and diet quality are factors that may influence the nutritional status of adolescent girls. This study aimed to analyze the relationship between body image and diet quality with the nutritional status of adolescent girls at SMK YAPSIPA Tasikmalaya City. This study employed an analytical observational design with a cross-sectional approach. The participants consisted of 42 female students in grades X and XI, selected using a total sampling technique. Body image was assessed using the Body Shape Questionnaire-16 (BSQ-16). Diet quality was evaluated based on the adequacy of food intake, dietary diversity, and meal frequency, while nutritional status was determined using the Body Mass Index-for-Age Z-score (BMI-for-Age Z-score). Data were analyzed using the Chi-Square test. The results showed no significant relationship between body image and diet quality ($p=0.477$). A significant relationship was found between body image and nutritional status ($p=0.000$). There was no significant relationship between diet quality and nutritional status ($p=0.181$). It can be concluded that body image was associated with nutritional status but not with diet quality. Diet quality was also not associated with the nutritional status of adolescent girls at SMK YAPSIPA Tasikmalaya City. Adolescents are encouraged to consume a balanced and diverse diet, while schools are expected to support nutrition education and provide healthy food options in the school canteen.

Keywords: adolescent girls, body image, diet quality, nutritional status.