ABSTRACT

Nutritional problems is one of public health issues that has not been solved in the world. Nutritional problems could affects physical and cognitive health, infectious diseases, and non-communicable diseases. The purpose of this study was to analyze the relationship between body image, level of nutrient consumption, and nutritional status of female students in 9 Senior High School Surabaya.

This research used an observational study with a cross-sectional design. The number of population of this study was 398 female students at 9 Senior High School Surabaya who are member of XI and XII grades. The number of sample in this study was 76 female students whose determined by proportional random sampling. Bivariate analysis of data using the Spearman test.

The results of this study indicated a significant corelation between body image and female nutritional status (p = 0,000). The results of the analysis showed that there was no significant corelation between the level of energy consumption (p = 0.619), the level of carbohydrate consumption (p = 0.687), protein consumption level (p = 0.265), and levels of fat consumption towards nutritional status (p = 0.218).

In this case, female adolescents need to be directed towards normal nutritional status in order to have a positive body image. 9 Senior High School Surabaya's female students are expected to be able to regulate their consumption patterns. Besides, it is suggested to set up some socialization about adolescent nutrition in collaboration with health workers, health centers, or institutions for female students.

Keywords : body image, nutritional status, nutrition consumption level

ABSTRAK

Masalah gizi merupakan masalah kesehatan masyarakat yang belum tuntas ditanggulangi di dunia. Permasalahan gizi ada kaitannya dengan status gizi yang dapat mempengaruhi kesehatan fisik maupun kognitif, penyakit infeksi, dan penyakit tidak menular. Tujuan penelitian adalah menganalisis hubungan antara citra tubuh dan tingkat konsumsi gizi dengan status gizi pada siswi di SMA Negeri 9 Surabaya.

Jenis penelitian yang digunakan adalah observasional dengan menggunakan desain *cross-sectional*. Populasi penelitian adalah seluruh siswi di SMA Negeri 9 Surabaya kelas XI – XII sebanyak 398 siswi. Besar sampel penelitian adalah sebanyak 76 siswi. Pengambilan sampel menggunakan teknik *proportional random sampling*. Analisis bivariat data menggunakan uji *spearman*.

Hasil penelitian menunjukkan bahwa ada hubungan antara citra tubuh dengan status gizi siswi (p = 0,000). Tidak ada hubungan antara tingkat konsumsi energi (p = 0,619), tingkat konsumsi karbohidrat (p = 0,687), tingkat konsumsi protein (p = 0,265), dan tingkat konsumsi lemak dengan status gizi (p = 0,218).

Dalam hal ini, remaja putri perlu diarahkan pada status gizi normal agar memiliki citra tubuh positif. Siswi SMA Negeri 9 dapat lebih mengatur pola konsumsi sesuai pedoman gizi seimbang khususnya zat gizi energi, karbohidrat, protein, lemak, vitamin, dan mineral. Serta diharapkan pihak SMA Negeri 9 Surabaya dapat mengadakan sosialisasi tentang gizi remaja yang bekerjasama dengan tenaga kesehatan, puskesmas, atau institusi.

Kata kunci : citra tubuh, status gizi, tingkat konsumsi gizi

11.2.2 Hubungan Tingkat Konsumsi Karbohidrat dengan Status Gizi

KATKH * SGIZI Crosstabulation

			SGIZI				
			Kurus	Normal	Gemuk	Obesitas	Total
KATKH	Cukup	Count	0	2	0	0	2
		% within KATKH	.0%	100.0%	.0%	.0%	100.0%
	Kurang	Count	6	52	12	4	74
		% within KATKH	8.1%	70.3%	16.2%	5.4%	100.0%
Total		Count	6	54	12	4	76
		% within KATKH	7.9%	71.1%	15.8%	5.3%	100.0%

Correlations

			KATKH	SGIZI
Spearman's rho	KATKH	Correlation Coefficient	1.000	.047
		Sig. (2-tailed)	.	.687
		N	76	76
	SGIZI	Correlation Coefficient	.047	1.000
		Sig. (2-tailed)	.687	.
		N	76	76

11.2.3 Hubungan Tingkat Konsumsi Protein dengan Status Gizi

KATPROT * SGIZI Crosstabulation

			SGIZI				
			Kurus	Normal	Gemuk	Obesitas	Total
KATPROT	Cukup	Count	4	26	4	2	36
		% within KATPROT	11.1%	72.2%	11.1%	5.6%	100.0%
	Kurang	Count	2	28	8	2	40
		% within KATPROT	5.0%	70.0%	20.0%	5.0%	100.0%
Total		Count	6	54	12	4	76
		% within KATPROT	7.9%	71.1%	15.8%	5.3%	100.0%

Correlations

			KATPROT	SGIZI
Spearman's rho	KATPROT	Correlation Coefficient	1.000	.129
		Sig. (2-tailed)	.	.265
		N	76	76
	SGIZI	Correlation Coefficient	.129	1.000
		Sig. (2-tailed)	.265	.
		N	76	76

11.2.4 Hubungan Tingkat Konsumsi Lemak dengan Status Gizi

KATLEMAK * SGIZI Crosstabulation

			SGIZI				
			Kurus	Normal	Gemuk	Obesitas	Total
KATLEMAK	Cukup	Count	4	13	3	1	21
		% within KATLEMAK	19.0%	61.9%	14.3%	4.8%	100.0%
	Kurang	Count	2	41	9	3	55
		% within KATLEMAK	3.6%	74.5%	16.4%	5.5%	100.0%
Total		Count	6	54	12	4	76
		% within KATLEMAK	7.9%	71.1%	15.8%	5.3%	100.0%

Correlations

			KATLEMAK	SGIZI
Spearman's rho	KATLEMAK	Correlation Coefficient	1.000	.143
		Sig. (2-tailed)	.	.218
		N	76	76
	SGIZI	Correlation Coefficient	.143	1.000
		Sig. (2-tailed)	.218	.
		N	76	76