

ABSTRACT

Female teens have unique characteristics and mostly trapped in nutrition problem. Factors affecting nutrition status are consumption pattern, physical activity, and uncorrect concept of body image. The objective of this research was to analyze the correlation between physical activity, body image, consumption pattern and nutrition status.

The design of this research was cross sectional. The sample of this research was 60 female students taken by simple random sampling method. Datas collected were nutrition status using 'BMI for Ages' method, female teens characteristics, physical activity, body image, and consumption pattern.

The result showed that there was 31.7 % respondents had a malnutrition risk, 46.7% normal nutrition level, and 21.6 % obese. There was a negative significant correlation between physical activity and nutrition status ($p=0.046$, $r_s=-0.259$) meaning that if the nutritional status of more then a mild level of physical activity, hold a gymnastic exercise every Friday. There was significant positive correlation between frequency of eating and nutritional status ($P = 0.002$, $r_s=0.398$) meaning eating frequency > 3 times then there are more nutritional status, hold a controlling patterns of eating more nutritional status. There was significant negative correlation between the total score of a Health Diet Indicator (HDI) with nutritional status ($p = 0.000$, $r_s = -0.742$), meaning that if the total HDI score is low, there is disruption of nutrient status because all respondents did not exist that meet the eight indicators of HDI.

At the risk of malnutrition respondents with a weight-loss efforts with a slimming drugs, while in respondents with normal nutritional status a weight-loss efforts with diet (reduce meal portions). Need held counseling or education about the dangers of eating disorders and weight loss unaccompanied nutritionist.

Keywords: nutrition status, physical activity, body image, teens.