

## ABSTRACT

The changes in body shape and size which leads to the poor development of poor body image and eating disorders are common among adolescents. The factors that can cause nutritional problems in adolescents include the emergence of a negative body image, lack of nutritional and dietary knowledge, and inadequacy of macro nutrients. The objectives of this research was to analyze the correlation between body image, nutritional knowledge, and the adequacy level of macro nutrients with nutritional status of the female students in Senior High School 3 Surabaya.

This study was an analytic observational research with cross sectional design. The population of this study was all female students in the XI and XII grades at Senior High School 3 Surabaya with 81 as the sample of the respondent. The sampling technique was *purposive sampling*. Data collection included measurement of body weight and height, interviewed using questionnaires and a non-sequential 2x24 hour food recall form. Data were analyzed by spearman correlation test and chi square test.

The results of this study showed that there was a significant correlation between *body image* and nutritional status ( $p = 0,000$ ). There was no correlation between nutritional knowledge ( $p=0,495$ ), adequacy level of energy ( $p = 0.534$ ), protein ( $p = 0.978$ ), fat ( $p = 0.814$ ), and carbohydrate ( $p = 0.353$ ) with nutritional status.

This research concluded that the female adolescents who possess negative body image tends to be overweight. The female adolescents are expected to be able to change their perception of the ideal body concept and to consult with nutritionists regarding balance nutrition diet to achieve an ideal body.

Keywords: *Body Image*, Nutritional Knowledge, Adequacy level of Macro Nutrients, Nutritional Status

## ABSTRAK

Perubahan bentuk dan ukuran tubuh yang mengarah ke pengembangan citra tubuh yang buruk dan gangguan makan banyak terjadi di kalangan remaja. Faktor yang dapat menyebabkan masalah gizi pada remaja salah satunya yaitu munculnya *body image* negatif, kurangnya tingkat pengetahuan gizi, dan kurangnya tingkat kecukupan zat gizi makro. Penelitian ini bertujuan untuk menganalisis hubungan *body image*, pengetahuan gizi, dan tingkat kecukupan zat gizi makro dengan status gizi pada remaja putri SMA Negeri 3 Surabaya.

Penelitian ini merupakan penelitian observasional analitik dengan desain *cross sectional*. Populasi dalam penelitian ini adalah semua siswi kelas XI dan XII SMAN 3 Surabaya dengan sampel 81 responden. Teknik pengambilan sampel yang digunakan adalah *purposive sampling*. Pengumpulan data meliputi pengukuran berat badan dan tinggi badan, wawancara menggunakan kuesioner dan *form food recall 2x24* jam dengan hari tidak berurutan. Analisis data menggunakan uji korelasi *spearman* dan uji *chi square*.

Hasil penelitian menunjukkan bahwa ada hubungan yang signifikan antara *body image* dengan status gizi ( $p=0,000$ ). Tidak ada hubungan yang signifikan antara pengetahuan gizi ( $p=0,495$ ), tingkat kecukupan energi ( $p=0,534$ ), protein ( $p=0,978$ ), lemak ( $p=0,814$ ), dan karbohidrat ( $p=0,353$ ) dengan status gizi.

Kesimpulan dari penelitian ini adalah remaja putri yang memiliki *body image* negatif cenderung berstatus gizi gemuk. Remaja putri diharapkan dapat mengubah persepsi tentang konsep tubuh ideal dan berkonsultasi dengan ahli gizi terkait menu makanan gizi seimbang untuk mencapai tubuh ideal.

Kata kunci: *Body Image*, Pengetahuan Gizi, Tingkat Kecukupan Zat Gizi Makro, Status Gizi