

ABSTRAK

Model remaja putri dituntut berpenampilan menarik sehingga memicu berbagai upaya penurunan berat badan misalnya, mengurangi asupan makan dan diet ketat yang mengakibatkan timbulnya masalah gizi. Masalah gizi yang terjadi dapat disebabkan kurangnya pengetahuan gizi, kurangnya asupan zat gizi, munculnya *body image* negatif, dan diet dengan metode *fad diets*. Tujuan penelitian ini adalah untuk menganalisis hubungan pengetahuan gizi, tingkat kecukupan zat gizi, *body image* dan *fad diets* dengan status gizi model remaja putri.

Penelitian ini merupakan penelitian observasional analitik dengan desain *cross sectional*. Sampel penelitian sebanyak 60 model remaja putri berusia 14-20 tahun di beberapa *agency* model di Surabaya yang diambil secara *accidental sampling*. Pengumpulan data meliputi pengukuran berat badan dan tinggi badan, wawancara menggunakan kuesioner dan *form food recall* 2x24 jam tidak berurutan. Analisis data menggunakan uji korelasi *spearman* dan uji *chi square*.

Hasil penelitian menunjukkan sebagian besar responden memiliki pengetahuan gizi terkategori kurang (51,70%); tingkat kecukupan energi (76,70%), karbohidrat (86,70%), protein (55,00%), lemak (53,30%) terkategori kurang; *body image* negatif (58,30%); melakukan *fad diets* (70,00%); status gizi normal (53,30%). Terdapat korelasi kuat antara *body image* dengan status gizi ($r=0,586$) dan korelasi sedang antara *fad diets* dengan status gizi ($r=0,423$). Terdapat korelasi lemah antara pengetahuan gizi ($r=0,217$), tingkat kecukupan energi ($r=0,115$), karbohidrat ($r=0,124$), protein ($r=0,107$), lemak ($r=0,137$) dengan status gizi.

Kesimpulan dari penelitian ini adalah model remaja putri yang memiliki *body image* negatif dan melakukan *fad diets* cenderung berstatus gizi kurus. Model remaja putri diharapkan dapat mengubah persepsi tentang konsep tubuh ideal dan berkonsultasi dengan ahli gizi terkait diet yang sesuai gizi seimbang untuk mencapai tubuh ideal.

Kata kunci: Model, Asupan Gizi, *Body Image*, *Fad Diets*, Status Gizi

ABSTRACT

Female adolescent models are required to have interesting appearance which encourage various weight loss effort for example reducing food intake and a strict diet that effects on nutritional problems. Nutritional problems caused by a lack of nutritional knowledge, lack of nutrient intake, negative body image, and fad diets. This study was aimed to analyze the relationship between nutritional knowledge, nutritional adequacy level, body image, and fad diets with nutritional status of female adolescent models.

This study was an observational-analytical research using cross sectional design. The sample was 60 female adolescent models aged 14-20 years old in some of model agencies in Surabaya selected by accidental sampling technique. Data collection included measurement of body weight and height, interviewed with questionnaire and food recall form 2x24 hours non consecutive. Data analyzed by spearman correlation test and chi square test.

The results showed that most female adolescent models had deficient nutritional knowledge (51,70%); energy adequacy level (76,70%), carbohydrate (86,70%), protein (55,00%), fat (53,30%) categorized deficient; negative body image (58,30%); practicing fad diets (70,00%); normal nutritional status (53,30%). There were strong correlation between body image with nutritional status ($r=0,586$) and sufficient correlation between fad diets with nutritional status ($r=0,423$). There were low correlation between nutritional knowledge ($r=0,217$), energy adequacy level ($r=0,115$), carbohydrate ($r=0,124$), protein ($r=0,107$), fat ($r=0,137$) with nutritional status.

The conclusion of this study is female adolescent models with negative body image and do the fad diets tend to be underweight. Female adolescent models are expected to change the perception of ideal body image and consult nutrition profession concerning suitable diet for balanced nutrition to achieve an ideal body.

Keywords: Models, nutritional intake, body image, fad diets, nutritional status