

## ABSTRACT

Female adolescent tend to not satisfied with their body image. Dissatisfaction body image can cause them to reduce their food intake. Decrease food intake automatically will reduce their energy and nutrition intake. Inadequate energy and nutrition intake can be interpreted by their nutritional status and anemia. Usually, female adolescents tend to be underweight and have problem with their anemia status. The objective of this study is to analyze the relation between perceptions of body image and nutritional status with anemia status in female adolescents at SMPN 55 Surabaya

This study was an observational study using cross-sectional design. The population of this study are female students in SMPN 55 Surabaya. The samples in this study were 70 students aged 13-15 years old taken by using systematic random sampling. Data were collected through interviews using questionnaires and assessment of nutritional status through the measurement of body weight, height, and amount of hemoglobin. Statistical analysis used was Chi Square test and Spearman test

The results showed that there were a correlation between body image with nutritional status ( $p=0.000$ ) but there were no correlation between body image ( $p=0.248$ ) and nutritional status ( $p=0.418$ ) with anemia status.

The conclusion of this study is that the more negative the body image of adolescents, the worse the nutritional status. It is better to provide nutrition education through various media about the importance of consuming blood-added tablets and balanced nutrition because of high rate of anemia in SMPN 55 Surabaya. In addition, it is also necessary to provide counseling on adolescent body image because of high rate of negative body images at SMPN 55 Surabaya.

Keywords : nutritional status, anemia, body image

## ABSTRAK

Masa remaja adalah masa-masa yang rawan terkena masalah gizi. Remaja putri cenderung tidak puas terhadap bentuk tubuhnya. Ketidakpuasan terhadap citra tubuh dapat menyebabkan remaja mengurangi asupan makanan. Berkurangnya asupan makanan pada remaja dapat menyebabkan remaja tidak dapat memenuhi kebutuhan energi dan zat gizinya. Tidak terpenuhinya kebutuhan energi dan zat gizi pada remaja dapat terintreptasi melalui status gizi dan status anemia. Remaja putri cenderung memiliki status gizi yang kurus dan anemia. Tujuan dari penelitian ini adalah untuk menganalisis hubungan antara persepsi citra tubuh dan status gizi dengan status anemia pada remaja putri di SMPN 55 Surabaya.

Penelitian ini merupakan penelitian observasional analitik, menggunakan desain penelitian *cross sectional*. Sampel penelitian sebesar 70 orang, diambil secara acak menggunakan *systematic random sampling*. Pengumpulan data meliputi penimbangan berat badan, pengukuran tinggi badan, *food recall 2x24 jam*, FFQ dan CDRS. Analisis data yang digunakan dalam penelitian ini adalah korelasi *Chi-Square* dan *Spearman*.

Hasil penelitian menunjukkan bahwa terdapat hubungan antara citra tubuh dengan status gizi ( $p=0,000$ ), sedangkan antara citra tubuh ( $p=0,248$ ) dan status gizi ( $p=0,418$ ) dengan status anemia tidak ada hubungan.

Kesimpulan dari penelitian ini adalah semakin negatif citra tubuh remaja maka semakin buruk status gizinya. Sebaiknya perlu dilakukan pemberian pendidikan gizi melalui berbagai media mengenai pentingnya konsumsi tablet tambah darah dan gizi seimbang terkait tingginya prevalensi anemia di SMPN 55 Surabaya. Selain itu perlu juga diadakan penyuluhan mengenai citra tubuh remaja terkait tingginya angka citra tubuh negatif di SMPN 55 Surabaya.

Kata kunci: status gizi, anemia, citra tubuh