

## ABSTRACT

Nutrition college students as a representatives in society required to be have an ideal and healthy body. It could affect the standart of body image and ideal body perception among nutrition college students. Ideal and healthy body image can be gained by managing food intake and doing physical activity routinely. This research aims to analyze the relationship of body image perception, energy and macronutrient intake, and physical activity with nutritional status of nutrition college students.

This research was an observational analytic study using cross sectional design. The sample size were 71 nutrition college student of Universitas Airlangga, selected using proportional random sampling. Data were collected by measuring weight and height, Body Shape Questionnaire, Food Frequency Questionnaire, Food Record 7x24H and Physical Activity Record 7x24H. Data were analyzed by Pearson and Spearman Correlation Test.

The results showed that 54,9% of respondents had negative body image perception, normal intake of energy (52,1%), normal intake of protein (54,9%), overintake of fat (57,7%), and underintake of carbohydrate (93,0%), mild physical activity (97,2%), and normal nutritional status (67,6%). There were correlation between body image ( $p = 0,001$ ), energy intake ( $p = 0,000$ ), protein intake ( $p = 0,001$ ), fat intake ( $p = 0,000$ ), and carbohydrate intake ( $p = 0,003$ ) with nutritional status, but there was no correlation between physical activity ( $p = 0,673$ ) with nutritional status.

The conclusion of this study was overnutrition may leads to negative body image and there was significantly associated between intake of energy, protein, fat, and carbohydrate to nutritional status. Nutrition college students should make the right effort in achieving their desired ideal body weight through manage their food intake, physical activity, and doing weight monitoring routinely.

Keywords: Body Image, Energy and Macronutrients Intake, Physical Activity, Nutritional Status, Nutrition College Student

**ABSTRAK**

Mahasiswa gizi dituntut untuk menjadi panutan di masyarakat dengan memiliki tubuh ideal dan sehat. Tuntutan tersebut dapat mempengaruhi penilaian *body image* dan standar tubuh ideal bagi mahasiswa gizi. Bentuk tubuh yang ideal dan sehat dapat diperoleh dengan mengatur asupan dan melakukan olahraga secara rutin. Tujuan penelitian ini adalah untuk menganalisis hubungan antara persepsi *body image*, asupan energi dan zat gizi makro, serta aktivitas fisik dengan status gizi mahasiswa program studi S1 Gizi FKM Unair.

Penelitian ini merupakan penelitian observasional analitik dengan desain *cross sectional*. Besar sampel penelitian adalah 71 mahasiswa Program Studi S1 Gizi Fakultas Kesehatan Masyarakat Universitas Airlangga yang diambil secara *proportional random sampling*. Pengumpulan data meliputi pengukuran berat badan dan tinggi badan, wawancara menggunakan kuesioner (*Body Shape Questionnaire* dan *Food Frequency Questionnaire*), pencatatan asupan makan dan aktivitas fisik (*Food Record 7x24H* dan *Physical Activity Record 7x24H*). Analisis data menggunakan uji korelasi *pearson* dan *spearman*.

Hasil penelitian menunjukkan sebagian besar responden memiliki persepsi *body image* negatif (54,9%), asupan energi baik (52,1%), asupan protein baik (54,9%), asupan lemak lebih (57,7%), asupan karbohidrat kurang (93,0%), aktivitas fisik ringan (97,2%), dan status gizi normal (67,6%). Terdapat hubungan antara *body image* ( $p=0,001$ ), asupan energi ( $p=0,000$ ), asupan protein ( $p=0,001$ ), asupan lemak ( $p=0,000$ ), dan asupan karbohidrat ( $p=0,003$ ) dengan status gizi. Tidak terdapat hubungan antara aktivitas fisik dengan status gizi ( $p=0,673$ ).

Kesimpulan dari penelitian ini adalah semakin lebih status gizi; persepsi *body image* juga semakin negatif, serta asupan energi, protein, lemak, dan karbohidrat semakin lebih pula. Mahasiswa gizi diharapkan untuk melakukan upaya yang benar dalam mencapai berat badan ideal yang diinginkan melalui pengaturan asupan, aktivitas fisik, dan pemantauan berat badan secara rutin.

Kata Kunci: *Body Image*, Asupan Energi dan Zat Gizi Makro, Aktivitas Fisik, Status Gizi, Mahasiswa Gizi