

ABSTRAK

Status gizi remaja dipengaruhi oleh gaya hidup (*life style*). Gaya hidup remaja saat ini dapat dilihat dari kebiasaan makan, persepsi *body image* dan aktivitas fisik yang akan mempengaruhi jumlah asupan konsumsi makanan dan zat gizi yang nantinya akan berdampak terhadap status gizi dan berdampak terhadap kesehatan. Tujuan penelitian mengetahui hubungan pola makan remaja dengan *body image* dan status gizi di Kelas 11 IPA dan IPS SMA PGRI 1 Tulungagung tahun 2021. Penelitian dilakukan tanggal 24 April sampai dengan 1 Mei 2021. Desain penelitian analitik *cross sectional*. Populasi penelitian seluruh siswa kelas 11 IPA dan IPS SMA PGRI 1 Tulungagung tahun 2021 sejumlah 46 orang, sampel diambil dengan teknik *total sampling*. Variabel bebas pola makan remaja, variabel terikat *body image* dan status gizi remaja. Data diolah dengan editing, coding, scoring dan tabulating, kemudian dianalisis menggunakan uji *chi square* dengan program SPSS. Hasil penelitian didapatkan sebagian besar responden mempunyai pola makan baik yaitu sebanyak 26 responden (56,5%), hampir seluruh responden mempunyai *body image* positif yaitu sebanyak 37 responden (80,4%), dan hampir seluruh responden mempunyai status gizi normal yaitu sebanyak 39 responden (84,8%). Ada hubungan pola makan remaja dengan *body image* di Kelas 11 IPA dan IPS SMA PGRI 1 Tulungagung dimana secara statistik uji *chi square* didapatkan $p \text{ value} = 0,000$ dan $\alpha = 0,05$ dimana $p \text{ value} < \alpha$. Ada hubungan pola makan remaja dengan status gizi di Kelas 11 IPA dan IPS SMA PGRI 1 Tulungagung dimana secara statistik uji *chi square* didapatkan $p \text{ value} = 0,001$ dan $\alpha = 0,05$ dimana $p \text{ value} < \alpha$. Pola makan yang baik akan berdampak pada status gizi yang baik pula. Namun sebagian besar remaja lebih memperhatikan berat badan dan bentuk tubuhnya dibandingkan dengan makanan. Hal ini berakibat pada pembatasan asupan makanan yang salah. Pembatasan makanan dikarenakan remaja merasa tubuhnya gemuk sehingga mereka ingin memperbaiki penampilan fisiknya.

Kata Kunci : Pola Makan, Body Image, Status Gizi Remaja

ABSTRACT

Adolescent nutritional status is influenced by lifestyle. The lifestyle of today's teenagers can be seen from their eating habits, perceptions of body image and physical activity which will affect the amount of consumption and nutrients that will have an impact on food and its impact on health. The purpose of the study was to determine the relationship between adolescent diet and body image and nutritional status in Grade 11 Science and Social Sciences at SMA PGRI 1 Tulungagung in 2021. The study was conducted from April 24 to May 1, 2021. The research design was analytic cross sectional. The research population in all 11th grade science and social studies at SMA PGRI 1 Tulungagung in 2021 was 46 people, the sample was taken using a total sampling technique. The independent variables are adolescent diet, body image and nutritional status variables. The data were processed by editing, coding, scoring and tabulating, then analyzed using the chi square test with the SPSS program. The results showed that most of the respondents had a good diet, as many as 26 respondents (56.5%), almost all respondents had a positive body image as many as 37 respondents (80.4%), and almost all respondents had normal nutritional status, namely as many as 39 respondents. respondents (84.8%). There is a relationship between adolescent diet and body image in Class 11 Science and Social Sciences at SMA PGRI 1 Tulungagung where statistically the chi square test obtained p value = 0.000 and = 0.05 where p value $< \alpha$. There is a relationship between adolescent diet and nutritional status in Class 11 Science and Social Sciences at SMA PGRI 1 Tulungagung where statistically the chi square test obtained p value = 0.001 and = 0.05 where p value $< \alpha$. A good diet will have an impact on good nutritional status as well. However, most teenagers pay more attention to their weight and body shape compared to food. This results in the wrong food intake. Food restrictions because teenagers feel their bodies are fat so they want to improve their physical appearance.

Keywords: Diet, Body Image, Nutritional Status, Teenagers