

## ABSTRAK

**Vetrisia Sitorus: Hubungan Asupan Energi dan *Body Image* dengan Status Gizi Remaja Putri di SMAN 8 Medan. Skripsi. Fakultas Teknik. Universitas Negeri Medan. 2023**

Pada saat ini banyak remaja putri yang merasa tidak puas dengan penampilannya sehingga mengurangi asupan energi untuk mendapatkan bentuk tubuh yang diinginkan, hal ini akan berdampak pada status gizi. Penelitian ini bertujuan untuk mengetahui: 1) Karakteristik keluarga responden; (pekerjaan ayah, pekerjaan ibu, pendidikan ayah, pendidikan ibu, penghasilan orangtua dan besar keluarga); 2) Asupan energi remaja putri; 3) *Body Image* remaja putri; 4) Status gizi remaja putri; 5) Hubungan asupan energi dengan status gizi remaja putri; 6) Hubungan *body image* dengan status gizi remaja putri; dan 7) hubungan energi dan *body image* dengan status gizi remaja putri. Lokasi penelitian di SMAN 8 Medan. Waktu penelitian Oktober-Desember 2022. Teknik pengambilan sampel secara *Simple random sampling*, dengan jumlah 59 orang. Desain penelitian *cross sectional*. Teknik pengumpulan data menggunakan kuesioner dan pengukuran antropometri. Teknik analisis data menggunakan deskriptif data, Uji *Rank Spearman* dan Uji Regresi Linier Berganda.

Berdasarkan hasil penelitian ini asupan energi remaja putri termasuk kategori kurang sebesar 55.93 persen dengan rerata 1847 kkal. *Body image* remaja putri termasuk kategori persepsi tubuh negatif sebesar 64.41 persen. Status gizi remaja putri termasuk kategori status gizi kurang sebesar 45.76 persen. Hasil analisis uji *rank spearman* terdapat hubungan positif dan signifikan antara asupan energi dengan status gizi remaja putri dengan nilai korelasi 0.477 dengan nilai p-value (0.000) pada taraf signifikan 0.05. Artinya semakin baik asupan energi maka semakin baik status gizi remaja putri. Hasil analisis uji *rank spearman* terdapat hubungan yang positif dan signifikan antara *body image* dengan status gizi remaja putri dengan nilai korelasi sebesar 0.489 dengan nilai p-value (0.000) pada taraf signifikan 0.05 yang artinya semakin bagus *body image* remaja putri maka semakin baik status gizi remaja putri. Hasil analisis *regresi linier berganda* terdapat hubungan negatif dan signifikan antara asupan energi dan *body image* dengan status gizi dengan nilai p-value (0,000) dan nilai  $Y = -4,718 + 0,022 X_1 + 0,016 X_2$ . Nilai konstanta (a) yang bertanda negatif, yaitu : -4,718 artinya apabila asupan energi dan *body image* sama dengan nol (0) maka status gizi mengalami penurunan. Nilai koefisien regresi variabel asupan energi ( $X_1$ ) yaitu sebesar 0,022 artinya asupan energi berhubungan positif dengan status gizi. Nilai koefisien regresi variabel *body image* ( $X_2$ ) yaitu sebesar 0,016 artinya *body image* berhubungan positif dengan status gizi. Hasil penelitian menunjukkan asupan energi dan *body image* berhubungan dengan status gizi. asupan energi merupakan variabel yang paling dominan hubungannya dengan status gizi karena nilai koefisien regresinya 0,022; lebih besar daripada *body image* (0,016). Kesimpulan terdapat hubungan antara asupan energi dan *body image* dengan status gizi Siswa SMAN 8 Medan.

## ***ABSTRACT***

**Vetrisia Sitorus: The Relationship Of Energy Intake And *Body Image* With Nutritional Status Of Adolescent Girls In SMAN 8 Medan. Thesis. Faculty Of Engineering. State University of Medan. 2023.**

At this time many young women are not satisfied with their appearance so reduce energy intake to get the desired body shape, this will have an impact on nutritional status. This study aims to determine: 1) the characteristics of the respondent's family; (father's job, mother's job, Father's education, mother's education, parents ' income and Family Size); 2) energy intake of adolescent girls; 3) Body Image of adolescent girls; 4) nutritional Status of adolescent girls; 5) the relationship of energy intake with the nutritional status of adolescent girls; 6) the relationship of; and 7) the relationship of energy and body image with the nutritional status of adolescent girls. Research locations in SMAN 8 Medan. Research time October-December 2022. Sampling technique is Simple random sampling, with a total of 59 people. Cross sectional research design. Data collection techniques using questionnaires and anthropometric measurements. Data analysis techniques using descriptive data, Spearman Rank test and multiple linear regression test.

Based on the results of this study, the energy intake of adolescent girls included in the category of less by 55.93 percent with an average of 1847 kcal. Body image of young women including the category of negative body perception by 64.41 percent. Nutritional Status of adolescent girls including the category of undernourished nutritional status of 45.76 percent. Spearman rank test analysis results there is a positive and significant relationship between energy intake with the nutritional status of adolescent girls with a correlation value of 0.477 with p-value (0.000) at a significant level of 0.05. This means that the better the energy intake, the better the nutritional status of adolescent girls. Spearman rank test analysis results there is a positive and significant relationship between body image and nutritional status of adolescent girls with a correlation value of 0.489 with the value of p-value (0.000) at a significant level of 0.05 which means the better the body image of adolescent girls the better the nutritional status of adolescent girls. The results of multiple linear regression analysis there is a negative and significant relationship between energy intake and body image with nutritional status with p-value (0.000) and the value of  $Y = -4.718 + 0.022 X1 + 0.016 X2$ . The value of constant (a) is marked negative, namely : -4.718 means that if the intake of energy and body image is equal to zero (0), the nutritional status has decreased. The value of the variable regression coefficient of energy intake (X1) is equal to 0.022, meaning that energy intake is positively related to nutritional status. The value of body image variable regression coefficient (X2) is 0.016, which means that body image is positively related to nutritional status. The results showed that energy intake and body image are related to nutritional status. energy intake is the most dominant variable in relation to nutritional status because the regression coefficient value is 0.022; greater than body image (0.016). Conclusion there is a relationship between energy intake and body image with the nutritional status of students of SMAN 8 Medan.