

ABSTRAK

Rafma Mei Yusra : Hubungan Body Image dan Kepercayaan Diri dengan Konsumsi Pangan Remaja Putri Di SMKN 3 Medan. Skripsi. Program Studi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2024.

Konsumsi pangan berarti informasi tentang jenis dan jumlah makanan yang dimakan, kebiasaan makan, dan pilihan makanan. Tujuan dari penelitian ini adalah untuk mengetahui: 1) Karakteristik remaja putri yaitu pendidikan ayah, pendidikan ibu, pekerjaan ayah, pekerjaan ibu, pendapatan ayah, pendapatan ibu, dan besar keluarga; 2) *Body Image* remaja putri; 3) Kepercayaan Diri remaja putri; 4) Konsumsi Pangan remaja putri; 5) Hubungan *body image* dengan konsumsi pangan; 6) Hubungan kepercayaan diri dengan konsumsi pangan; 7) Hubungan *body image* dan kepercayaan diri dengan konsumsi pangan remaja putri. Tempat penelitian di SMKN 3 Medan. Teknik pengambilan sampel secara *simple random sampling* dengan jumlah 80 orang. Desain penelitian *cross sectional*. Metode pengumpulan data *body image* menggunakan kuesioner BSQ-34, kepercayaan diri menggunakan kuesioner *self confidence scale*, dan konsumsi pangan menggunakan *Recall* 2x24 jam. Analisis data dilakukan dengan menggunakan Uji Rank Spearman dan Uji Regresi Linier Berganda.

Hasil penelitian menunjukkan bahwa *body image* remaja putri termasuk dalam kategori persepsi tubuh negatif sebesar 66,3%, kepercayaan diri remaja putri termasuk dalam kategori yang sangat rendah sebesar 47,5%, dan konsumsi pangan remaja putri termasuk dalam kategori yang sangat rendah sebesar 52,5%. Berdasarkan analisis rank *spearman*, terdapat korelasi negatif dan signifikan antara *body image* dan konsumsi makanan dengan nilai *Correlation Coefficient* -0,325 ($p= 0,003$). Artinya jika *body image* positif meningkat maka konsumsi pangan remaja rendah. Hasil uji *rank spearman* menunjukkan bahwa variabel kepercayaan diri memiliki hubungan positif dan signifikan dengan variabel konsumsi pangan dengan *Correlation Coefficient* 0,319 ($p= 0,004$). Artinya semakin tinggi tingkat kepercayaan diri remaja maka semakin baik konsumsi pangan remaja. Berdasarkan hasil analisis regresi linier berganda terdapat hubungan positif dan signifikan antara *body image* dan kepercayaan diri dengan konsumsi pangan remaja putri ($Y = 1768,59 + (-6,994 X_1) + 18,168 X_2$). Nilai koefisien regresi variabel *body image* (X_1) yaitu sebesar (-6,994) artinya *body image* berhubungan negatif dengan konsumsi pangan. Nilai koefisien regresi variabel kepercayaan diri (X_2) yaitu sebesar (18,168) artinya kepercayaan diri berhubungan positif dengan konsumsi pangan. Hasil penelitian menunjukkan nilai koefisien *body image* (-6,994) dan kepercayaan diri (18,168) karena $-6,994 < 18,168$ maka *body image* memiliki hubungan arah terbalik dengan konsumsi pangan. Kesimpulan terdapat hubungan antara *body image* dan kepercayaan diri dengan konsumsi pangan remaja putri di SMKN3 Medan.

ABSTRACT

Rafma Mei Yusra: *The Relationship between Body Image and Self-Confidence with Food Consumption of Young Women at SMKN 3 Medan*. Thesis. Nutrition Study Program. Faculty of Engineering. Medan State University. 2024.

Food consumption is information about the type and amount of food eaten, eating habits, and food choices. This research aims to determine: 1) Characteristics of young women, namely father's education, mother's education, father's occupation, mother's occupation, father's income, mother's income, and family size; 2) Body Image of young women; 3) Self-confidence of young women; 4) Food consumption of teenage girls; 5) The relationship between body image and food consumption; 6) The relationship between self-confidence and food consumption; 7) The relationship between body image and self-confidence and food consumption among young women. Research location at SMKN 3 Medan. The sampling technique was simple random sampling with a total of 80 people. Cross sectional research design. The body image data collection technique uses the BSQ-34 questionnaire, self-confidence uses the self-confidence scale questionnaire, and food consumption uses 2x24 hour Recall. The data analysis technique uses the Spearman Rank Test and Multiple Linear Regression Test.

Based on the research results, it shows that the body image of young women falls into the negative body perception category at 66.3 percent. The self-confidence of young women is in the low category at 47.5 percent. Food consumption of young women is in the very low category at 52.5 percent. The results of the Spearman rank analysis showed a negative and significant relationship between body image and food consumption with a Correlation Coefficient value of -0.325 ($p=0.003$). This means that if positive body image increases, teenagers' food consumption will be low. The results of the Spearman rank test show that the self-confidence variable has a positive and significant relationship with the food consumption variable with a Correlation Coefficient of 0.319 ($p=0.004$). This means that the higher the level of adolescent self-confidence, the better the adolescent's food consumption. Based on the results of multiple linear regression analysis, there is a positive and significant relationship between body image and self-confidence and food consumption among young women ($Y = 1768.59 + (-6.994 X_1) + 18.168 X_2$). The regression coefficient value for the body image variable (X_1) is (-6.994), meaning that body image is negatively related to food consumption. The regression coefficient value for the self-confidence variable (X_2) is (18.168), meaning that self-confidence is positively related to food consumption. The results of the research show that the coefficient value for body image (-6.994) and self-confidence (18.168) is because $-6.994 < 18.168$, body image has an inverse relationship with food consumption. The conclusion is that there is a relationship between body image and self-confidence and food consumption among young women at SMKN3 Medan.