

ABSTRAK

Anna Reskiyah, Hubungan *Body image* dengan Status Gizi Pada Remaja Putri Kelas XI Di MAN 1 Medan. Skripsi. Program Studi Gizi. Fakultas Teknik. Unuversitas Negeri Medan. 2026.

Body image merupakan aspek penting dalam perkembangan remaja, khususnya remaja putri. Pada masa ini, remaja putri mengalami perubahan fisik dan psikis serta mulai sadar akan bentuk tubuhnya yang dapat memunculkan ketidakpuasan terhadap persepsi *body image*. Ketidakpuasan ini berpotensi menimbulkan perilaku makan yang tidak sehat dan berdampak pada status gizi. Penelitian ini bertujuan untuk menganalisis hubungan antara *body image* dengan status gizi pada remaja putri di MAN 1 Medan.

Penelitian ini dilaksanakan di MAN 1 Medan pada bulan Maret–Mei 2026. Penelitian ini menggunakan desain *cross-sectional*. Pengambilan sampel pada penelitian ini menggunakan teknik *Purposive Sampling* yaitu sebanyak 67 orang siswi kelas XI. Data *body image* diukur menggunakan *Body Shape Questionnaire* (BSQ-16), sedangkan status gizi diukur berdasarkan Indeks Masa Tubuh (IMT/U). Teknik pengumpulan data status gizi menggunakan timbangan digital dan *microtoise*. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Rank-Spearman*.

Hasil penelitian menunjukkan responden memiliki *body image* positif (59,7%) dan *body image* negatif (40,3%). Hasil penelitian menunjukkan responden memiliki status gizi buruk (1,5%), status gizi kurang (7,5%), status gizi baik (74,6%) status gizi lebih (11,9%) dan obesitas (4,5%). Hasil analisis uji korelasi *Rank-Spearman* menunjukkan terdapat adanya hubungan signifikan antara *body image* dengan status gizi pada siswi di MAN 1 Medan dengan hasil nilai *p-value* 0,001 dengan nilai koefisien korelasi sebesar 0,433. Pada penelitian ini ditemukan bahwa semakin negatif *body image* responden maka semakin obesitas status gizi yang dimiliki.

Kata kunci : Remja Putri, *Body image*, Status Gizi

ABSTRACT

Anna Reskiyah, "The Relationship Between Body image and Nutritional Status in Grade XI Female Adolescents at MAN 1 Medan. Thesis. Nutrition Study Program, Faculty of Engineering, State University of Medan. 2026.

Body image is a crucial aspect of adolescent development, particularly in female adolescents. During this period, female adolescents experience physical and psychological changes and become aware of their body shape, which can lead to dissatisfaction with their perceived body image. This dissatisfaction can potentially lead to unhealthy eating behaviors and impact nutritional status. This study aims to analyze the relationship between body image and nutritional status in adolescent girls at MAN 1 Medan.

This research was conducted at MAN 1 Medan in march–may 2026. This study used a cross-sectional design. The sample size for this study was 67 student in grades XI female students using the Purposive Sampling technique. Body image data were measured using the Body Shape Questionnaire (BSQ-16), while nutritional status was measured based on BAZ (BMI for age z score). Data were analyzed univariately and bivariately using the Rank-Spearman test.

The results of this study indicate that respondents have a positive body image (59.7%), and a negative body image (40,3%). The results of the study indicate that respondent have poor nutritional status (1,5%), undernutrition sttus (7,5%), normal nutritional status (74.6%), overnutritiol status (11,9%), and obese (4,5%). The results of the Rank-Spearman correlation test showed a significant relationship between body image and nutritional status in female students at MAN 1 Medan, with a p-value of 0.001 and a correlation coefficient of 0.433. This study found that the more negative the respondents body image the more obese their nutrional status.

Keywords: *Adolescent Girls, Body image, Nutritional Status*