

ABSTRAK

Jecika Destari Natalia: Hubungan Resiko Gangguan Makan Dan Citra Tubuh Dengan Status Gizi Remaja Putri Di SMA Negeri 4 Medan. Skripsi. Program Studi Gizi. Pendidikan Kesejahteraan Keluarga. Fakultas Teknik. Universitas Negeri Medan. 2024.

Penelitian ini bertujuan untuk mengetahui : (1) Karakteristik Responden yaitu usia ayah, usia ibu, pendidikan ayah, pendidikan ibu, pekerjaan ayah, pekerjaan ibu, pendapatan ayah, pendapatan ibu, dan besaran keluarga; (2) Resiko gangguan makan remaja putri; (3) Citra tubuh remaja putri; (4) Status gizi remaja putri; (5) Hubungan resiko gangguan makan dengan status gizi remaja putri; (6) Hubungan citra tubuh dengan status gizi remaja putri; (7) Hubungan resiko gangguan makan dan citra tubuh dengan status gizi remaja putri. Tempat penelitian di SMA Negeri 4 Medan, Kota Medan. Waktu penelitian ini dimulai pada bulan Oktober - Desember 2023. Populasi penelitian ini adalah remaja putri kelas 12. Teknik pengambilan sampel dilakukan dengan cara *purposive sampling* dengan jumlah sampel 38 responden. Desain penelitian yang digunakan yaitu *cross sectional*. Teknik pengumpulan data menggunakan angket dan pengukuran IMT/U. Resiko gangguan makan diukur menggunakan form *Eating Attitude Test-26 (EAT-26)* dan citra tubuh menggunakan *Body Shape Questionnaire-16B (BSQ-16B)*. Teknik analisis data secara deskriptif, uji korelasi *rank spearman*, dan analisis *regresi linear berganda*.

Berdasarkan hasil penelitian sebanyak 52,6 persen remaja putri beresiko gangguan makan dan 47,4 persen tidak beresiko gangguan makan. Sebanyak 55,3 persen memiliki citra tubuh negatif dan 44,7 persen memiliki citra tubuh positif. Sebanyak 39,4 persen remaja putri mengalami status gizi kurang. Hasil penelitian menggunakan uji korelasi *rank spearman* menunjukkan hubungan yang positif dan signifikan antara resiko gangguan makan dan status gizi dengan *p-value* 0,021 pada taraf signifikan 0,05. Hubungan yang positif dan signifikan antara citra tubuh dan status gizi dengan *p-value* 0,003 pada taraf signifikan 0,05. Artinya semakin rendah resiko seseorang mengalami gangguan makan dan semakin baik citra tubuh maka semakin baik status gizi remaja putri. Hasil analisis regresi linear berganda menunjukkan terdapat hubungan yang negatif dan signifikan antara citra tubuh dengan status gizi remaja putri ($Y : -2,373_{x_1} + 0,059_{x_2}$). Kesimpulannya terdapat hubungan yang signifikan antara citra tubuh dengan status gizi remaja putri di SMA Negeri 4 Medan.

ABSTRACT

Jecika Destari Natalia: Relationship between risk of eating disorders and body image with nutritional status of young women at SMA Negeri 4 Medan. Undergraduate Thesis. Nutrition Study Program. Family Welfare Education. Faculty of Engineering. Medan State University. 2024.

This research aims to determine: (1) Respondent characteristics, namely father's age, mother's age, father's education, mother's education, father's occupation, mother's occupation, father's income, mother's income, and family size; (2) Risk of eating disorders in adolescent girls; (3) Body image of young women; (4) Nutritional status of adolescent girls; (5) The relationship between the risk of eating disorders and the nutritional status of adolescent girls; (6) The relationship between body image and nutritional status of adolescent girls; (7) The relationship between the risk of eating disorders and body image with the nutritional status of adolescent girls. The research location is at SMA Negeri 4 Medan, Medan City. The time of this research begins in October - December 2023. The population of this research is teenage girls in class 12. The sampling technique was carried out using purposive sampling with a sample size of 38 respondents. The research design used was cross sectional. Data collection techniques use questionnaires and BMI/U measurements. The risk of eating disorders was measured using the Eating Attitude Test-26 (EAT-26) form and body image using the Body Shape Questionnaire-16B (BSQ-16B). Descriptive data analysis techniques, spearman rank correlation test, and multiple linear regression analysis.

Based on research results, 52.6 percent of teenage girls are at risk of eating disorders and 47.4 percent are not at risk of eating disorders. As many as 55.3 percent had a negative body image and 44.7 percent had a positive body image. As many as 39.4 percent of adolescent girls experience malnutrition, 34.2 percent experience good nutrition, 21.1 percent experience overnutrition, and 5.3 percent experience obesity. The results of the study using the Spearman rank correlation test showed a positive and significant relationship between the risk of eating disorders and nutritional status with a p-value of 0.021 at a significance level of 0.05. There is a positive and significant relationship between body image and nutritional status with a p-value of 0.003 at a significance level of 0.05. This means that the less at risk a person is of experiencing eating disorders and the more positive their body image, the better the nutritional status of young women. The results of multiple linear regression analysis show that there is a negative and significant relationship between body image and the nutritional status of adolescent girls ($Y: -2.373a + 0.059x_2$). In conclusion, there is a significant relationship between body image and the nutritional status of young women at SMA Negeri 4 Medan.