

ABSTRAK

Lehondo Sitanggang: Hubungan Aktivitas Fisik Dan Citra Tubuh Dengan Perilaku Makan Remaja Di SMAN 1 Lawe Sigala-Gala Kabupaten Aceh Tenggara. Skripsi. Program Studi Gizi. Pendidikan Kesejahteraan Keluarga. Fakultas Teknik. Universitas Negeri Medan. 2024

Perilaku makan ialah perilaku yang berhubungan dengan frekuensi makan, kebiasaan makan, preferensi makanan, kebiasaan makan, serta pilihan makanan. Penelitian ini bertujuan untuk mengetahui: (1) Karakteristik remaja putri yaitu pekerjaan ayah, pekerjaan ibu, pendidikan ayah, pendidikan ibu, penghasilan ayah, penghasilan ibu dan besar keluarga; (2) Aktivitas fisik remaja putri; (3) Citra Tubuh remaja putri; (4) Perilaku Makan remaja putri; (5) Hubungan aktivitas fisik dengan perilaku makan remaja putri; (6) Hubungan citra tubuh dengan perilaku makan remaja putri; (7) Hubungan aktivitas fisik dan citra tubuh dengan perilaku makan remaja putri. Tempat penelitian di SMAN 1 Lawe Sigala-Gala. Penelitian dilakukan pada bulan Oktober-November 2023. Teknik pengambilan sampel secara *purposive sampling*, dengan jumlah 62 orang. Desain penelitian *cross sectional*. Teknik pengumpulan data aktivitas fisik menggunakan kuesioner GPAQ, citra tubuh menggunakan kuesioner BSQ dan perilaku makan menggunakan kuesioner indikator pengetahuan, sikap dan tindakan. Teknik analisis data menggunakan Uji *Rank Spearman* dan Uji Regresi Linier Berganda.

Berdasarkan hasil penelitian menunjukkan Aktivitas fisik remaja putri termasuk kategori cukup sebesar 70,97 persen. Citra tubuh remaja putri termasuk kategori persepsi tubuh negatif sebesar 61,3 persen. Perilaku makan remaja putri termasuk kategori perilaku makan tidak baik sebesar 54,84 persen. Hasil analisis *rank spearman* terdapat hubungan yang positif dan signifikan antara aktivitas fisik dengan perilaku makan dengan nilai *Correlation Coefficient* 0,325 ($p = 0,010$). Artinya semakin meningkat aktivitas fisik maka semakin baik perilaku makan. Hasil uji *rank spearman* menunjukkan bahwa variabel citra tubuh memiliki hubungan yang positif dan signifikan dengan variabel perilaku makan dengan *Correlation Coefficient* bernilai 0,366 ($p = 0,003$). Artinya jika citra tubuh positif meningkat maka perilaku makan remaja yang baik akan meningkat. Berdasarkan hasil analisis regresi linier berganda terdapat hubungan yang positif dan signifikan antara aktivitas fisik dan citra tubuh dengan perilaku makan remaja putri ($Y = 33,186 + 0,001X_1 + 0,191X_2$). Nilai koefisien regresi variabel aktivitas fisik (X_1) yaitu sebesar 0,001 artinya aktivitas fisik berhubungan positif dengan perilaku makan. Nilai koefisien regresi variabel citra tubuh (X_2) yaitu sebesar 0,191 artinya citra tubuh berhubungan positif dengan perilaku makan. Hasil penelitian menunjukkan nilai koefisien aktivitas fisik (0,001) dan citra tubuh (0,191) karena $0,001 < 0,191$ maka citra tubuh merupakan variabel yang erat hubungannya dengan perilaku makan. Kesimpulan terdapat hubungan antara aktivitas fisik dan citra tubuh dengan perilaku siswa SMAN 1 Lawe Sigala-gala.

ABSTRACT

Lehondo Sitanggang: *The Relationship between Physical Activity and Body Image and Eating Behavior of Adolescents at SMAN 1 Lawe Sigala-Gala, Southeast Aceh Regency*. Thesis. Nutrition Study Program. Family Welfare Education. Faculty of Engineering. Medan State University. 2024

Eating behavior is behavior related to eating frequency, eating habits, food preferences, eating habits, and food choices. This research aims to determine: (1) Characteristics of adolescent girls, namely father's job, mother's job, father's education, mother's education, father's income, mother's income and family size; (2) Physical activity of adolescent girls; (3) Body Image of adolescent girls; (4) Eating Behavior of adolescent girls; (5) The relationship between physical activity and eating behavior of adolescent girls; (6) The relationship between body image and eating behavior of adolescent girls; (7) The relationship between physical activity and body image and the eating behavior of adolescent girls. Research location at SMAN 1 Lawe Sigala-Gala. The research was carried out in October-November 2023. The sampling technique was purposive sampling, with a total of 62 people. Cross sectional research design. Physical activity data collection techniques use the GPAQ questionnaire, body image uses the BSQ questionnaire and eating behavior uses a knowledge, attitude and action indicator questionnaire. The data analysis technique uses the Spearman Rank Test and Multiple Linear Regression Test.

Based on the research results, it shows that the physical activity of is in the sufficient category at 70.97 percent. The body image of adolescent girls falls into the negative body perception category at 61.3 percent. The eating behavior of adolescent girls falls into the bad eating behavior category at 54.84 percent. The results of the Spearman rank analysis showed a positive and significant relationship between physical activity and eating behavior with a Correlation Coefficient value of 0.325 ($p=0.010$). This means that the more physical activity increases, the better eating behavior. The results of the Spearman rank test show that the body image variable has a positive and significant relationship with the eating behavior variable with a Correlation Coefficient of 0.366 ($p=0.003$). This means that if positive body image increases, good eating behavior of teenagers will increase. Based on the results of multiple liner regression analysis, there is a positive and significant relationship between physical activity and body image and the eating behavior of young women ($Y = 33.186 + 0.001X_1 + 0.191X_2$). The regression coefficient value for the physical activity variable (X_1) is 0.001, meaning that physical activity is positively related to eating behavior. The regression coefficient value for the body image variable (X_2) is 0.191, meaning that body image is positively related to eating behavior. The research results show that the coefficient value for physical activity (0.001) and body image (0.191) is because $0.001 < 0.191$, body image is a variable that is closely related to eating behavior. The conclusion is that there is a relationship between physical activity and body image and the behavior of students at SMAN 1 Lawe Sigala-gala.