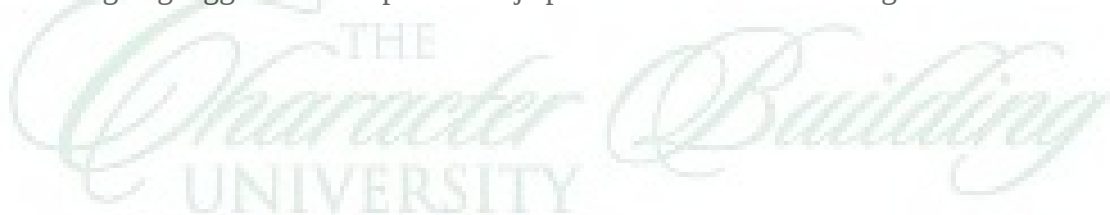


ABSTRAK

Anggi Andini: Hubungan Persepsi Citra Tubuh dengan Gangguan Makan pada Remaja Putri di SMA Dharmawangsa Kota Medan. Skripsi. Program Studi Gizi. Pendidikan Kesejahteraan Keluarga. Fakultas Teknik. Universitas Negeri Medan. 2024.

Gangguan makan (*eating disorder*) merupakan gangguan psikologis dan medis yang mengakibatkan kelainan pada tingkah laku pola makan individu untuk mengontrol berat badan. Penelitian ini bertujuan untuk mengetahui : (1) Karakteristik responden Remaja Putri (Pendidikan Ayah, Pendidikan Ibu, Pekerjaan Ayah, Pekerjaan Ibu, Pendapatan Ayah, Pendapatan Ibu dan Besar Keluarga); (2) Persepsi citra tubuh Remaja Putri; (3) Gangguan Makan Remaja Putri; (4) Hubungan Persepsi Citra Tubuh dengan Gangguan Makan pada Remaja Putri. Tempat penelitian di SMA Dharmawangsa Medan, Kota Medan. Waktu penelitian bulan Maret – Mei 2024. Populasi penelitian ini adalah remaja putri kelas X, XI, XII dengan jumlah 389 responden. Teknik pengambilan sampel secara *purposive sampling* sehingga diperoleh sebanyak 84 responden. Desain penelitian yang digunakan adalah *cross sectional*. Teknik pengumpulan data menggunakan kuisioner, pengukuran berat badan(BB) dan tinggi badan(TB). Persepsi Citra Tubuh menggunakan *Body Shape Questionnaire-8C (BSQ-8C)*. Gangguan Makan menggunakan *Eating Disorder Diagnostic Scale (EDDS)*. Teknik analisis data secara deskriptif dan uji korelasi *rank spearman*.

Berdasarkan hasil penelitian ini diperoleh 71,40 persen remaja putri memiliki persepsi citra tubuh negative. Sebanyak 81 persen remaja putri mengalami gangguan makan. Hasil uji korelasi rank spearman terdapat hubungan yang negatif dan signifikan antara persepsi citra tubuh dengan gangguan makan pada remaja putri dengan nilai koefisien korelasi sebesar -0,767 dan nilai p value sebesar 0,000 pada taraf signifikan 0,05 artinya semakin tidak puas remaja putri terhadap citra tubuhnya, maka semakin sering remaja putri mengalami gangguan makan. Kesimpulannya terdapat hubungan yang signifikan antara persepsi citra tubuh dengan gangguan makan pada remaja putri di SMA Dharmawangsa Kota Medan.



ABSTRACT

Anggi Andini: *The Relationship between Body Image Perception with Eating Disorders of adolescent girls at SMA Dharmawangsa Medan. Undergraduate Thesis. Nutrition Study Program. Family Welfare Education. Faculty of Engineering. Medan State University. 2024*

Eating disorder is a psychological and medical disorder that causes abnormalities in individual eating behavior to control body weight. This research aims to determine : (1) Respondent characteristics namely, fathers education, mothers education, fathers job, mothers job, fathers income, mothers income and family size; (2) Body Image Perception of young women; (3) Eating disorder in adolescent girls; (4) The Relationship between body image perception with eating disorders of young women. The research location is at SMA Dharmawangsa Medan, Medan City. The time of this research begins in March – April 2024. The population of this study is adolescent girls in grades X, XI, XII with a total of 389 respondents. The sampling technique was carried out using purposive sampling with a sample size of 84 respondents. The research design used was cross sectional. Data collection techniques use questionnaires and weight&height measurement. Body Image perception using the Body Shape Questionnaire-8C (BSQ 8-C). Eating Disorders using Eating Disorder Diagnostic Scale (EDDS). Descriptive data analysis techniques and spearman rank correlation.

Based on research results, 71,40 percent of adolescent girls had a negative perception body image. As many as 81 adolescent girls had eating disorders. The results of the spearman rank correlation test showed a negative and significant relationship between body image perception and eating disorders in adolescent girls with a correlation coefficient value of -0.767 and a p value of 0.000 at a significant level of 0.05, meaning that the more dissatisfied adolescent girls are with their body image, the more often adolescent girls experience eating disorders. In conclusion, there is a significant relationship between body image perception with eating disorders of adolescent girls at SMA Dharmawangsa Medan, Medan City.

