

ABSTRAK

Rola Ayu Pangaribuan. NIM: 5193540037. Hubungan Citra Tubuh dengan Perilaku Makan Remaja di SMA Negeri 12 Medan. Skripsi. Prodi Gizi. Jurusan Pendidikan Kesejahteraan Keluarga. Fakultas Teknik. Universitas Negeri Medan. 2025.

Perilaku makan adalah kebiasaan untuk mengonsumsi makanan sesuai dengan kebutuhan gizi tiap individu yang dapat dicapai dengan mengonsumsi nutrisi secara seimbang. Penelitian ini bertujuan untuk mengetahui: (1) Karakteristik Responden yaitu jenis kelamin, besar uang jajan per hari, pendidikan ayah, pendidikan ibu, pekerjaan ayah, pekerjaan ibu, pendapatan ayah, pendapatan ibu, dan besaran keluarga; (2) Perilaku Makan Remaja; (3) Citra Tubuh Remaja; (4) Hubungan Citra Tubuh dengan Perilaku Makan Remaja. Tempat penelitian di SMA Negeri 12 Medan. Waktu penelitian ini dimulai pada bulan Juli – September 2024. Populasi penelitian ini adalah seluruh siswa kelas XI MIPA 1 dan XI MIPA 2 dengan jumlah 64 orang. Teknik pengambilan sampel secara *total sampling*. Desain penelitian ini adalah *cross sectional*. Teknik pengumpulan data citra tubuh menggunakan kuesioner *Body Shape Questionnaire* (BSQ) dan perilaku makan menggunakan kuesioner *Adult Eating Behavior Questionnaire* (AEBQ). Teknik analisis data secara deskriptif dan Uji Korelasi *Rank Spearman*.

Berdasarkan hasil penelitian ini menunjukkan Karakteristik responden yaitu jenis kelamin sebagian besar perempuan sebanyak 70,30 persen. Besar uang jajan per hari remaja rerata $\text{Rp}11.719 \pm 5702,87$. Pendidikan ayah sebagian besar termasuk kategori tamat Akademi/Perguruan Tinggi dan pendidikan ibu termasuk kategori tamat SMA/SMK. Pekerjaan ayah bervariasi yaitu sebagai wiraswasta, PNS/TNI/POLRI, karyawan, buruh dan. Pendapatan ayah rerata $\text{Rp}4.921.87 \pm 5846840,65$ dan pendapatan ibu rerata $\text{Rp}1.648.43 \pm 2497108,49$. Besaran keluarga termasuk kategori keluarga sedang (5-6 orang). Citra tubuh remaja termasuk kategori citra tubuh negatif sebesar 60,9 persen dan remaja dengan kategori citra tubuh positif sebesar 39,1 persen. Perilaku makan remaja termasuk perilaku makan rendah sebesar 62,5 persen dan perilaku makan tinggi sebesar 37,5 persen. Hasil analisis *rank spearman* terdapat hubungan yang positif dan signifikan antara citra tubuh dengan perilaku makan dengan nilai korelasi koefisien sebesar 0,637 *p value* 0,000 pada taraf signifikansi 0,05 artinya semakin positif citra tubuh remaja maka semakin tinggi perilaku makan remaja. Kesimpulan penelitian ini terdapat hubungan yang positif dan signifikan antara citra tubuh dengan perilaku makan remaja di SMA Negeri 12 Medan.

ABSTRACT

Rola Ayu Pangaribuan. NIM: 5193540037. *The Relationship between Body Image and Adolescent Eating Behavior at SMA Negeri 12 Medan*. Thesis. Nutrition Study Program. Department of Family Welfare Education. Faculty of Engineering. Medan State University. 2025.

Eating behavior is the habit of consuming food according to the nutritional needs of each individual which can be achieved by consuming nutrients in a balanced manner. This study aims to find out: (1) Respondent's characteristics, namely gender, pocket money per day, father's education, mother's education, father's job, mother's job, father's income, mother's income, and family size; (2) Adolescent Eating Behavior; (3) Adolescent Body Image; (4) The Relationship between Body Image and Adolescent Eating Behavior. The research site is at SMA Negeri 12 Medan. The time of this research began in July – September 2024. The population of this study is all students of grades XI MIPA 1 and XI MIPA 2 with a total of 64 people. The sampling technique was a total sampling.. The design of this study is Cross sectional. The body image data collection technique used the Body Shape Questionnaire (BSQ) and eating behavior using the Adult Eating Behavior Questionnaire (AEBQ). The data analysis technique uses the Correlation Spearman Rank Test.

Based on the results of this study it's shown that, the characteristics of the respondents were the gender of most women as much as 70.30 percent. The average amount of pocket money for teenagers per day is Rp11,719 ± 5702.87. Father's last education was mostly in the category of graduating from Academy/College and Mother's education was in the category of graduating from high school/vocational school. Fathers' jobs vary, namely as self-employed, civil servants/TNI/Polri, employees, laborers and mother's work also varies, namely as a housewife, civil servant, self-employed and employee. The average income of fathers is Rp4,921.87 ± 5846840.65 and the average income of mothers is Rp1,648.43 ± 2497108.49. The size of the family is included in the category of medium families (5-6 people). Adolescent body image is included in the category of negative body image at 60.9 percent and adolescents with a positive body image category of 39.1 percent. Adolescent eating behaviors include low eating behavior of 62.5 percent and high eating behavior of 37.5 percent. The results of the spearman rank analysis showed a positive and significant relationship between body image and eating behavior with a coefficient correlation value of 0.637 p value 0.000 at a significance level of 0.05, meaning that the more positive the body image of adolescents, the higher the eating behavior of adolescents. The conclusion of this study, there is a positive and significant relationship between body image and adolescent eating behavior at SMA Negeri 12 Medan.