

## ABSTRAK

**Firli Luthfia: Hubungan *Body Image* dan Asupan Energi dengan Status Gizi pada Siswi Jurusan Kecantikan Di SMK Negeri 10 Medan. Skripsi. Fakultas Teknik. Universitas Negeri Medan. 2025.**

Remaja adalah kelompok usia yang mengalami peralihan dari masa kanak-kanak menuju dewasa sehingga rentan menyebabkan masalah gizi. Berdasarkan Data Survei Kesehatan Indonesia (SKI) tahun 2023, di Provinsi Sumatera Utara yaitu remaja usia 13-15 tahun memiliki prevalensi sangat kurus sebesar 1,6%, kurus sebesar 3,0%, gemuk sebesar 11,6% dan obesitas sebesar 2,8%. Pada remaja usia 16-18 tahun memiliki prevalensi sangat kurus sebesar 0,5%, kurus sebesar 4,0%, gemuk sebesar 8,6% dan obesitas sebesar 2,2%. Banyak faktor yang menyebabkan masalah status gizi diantaranya *body image* dan asupan energi. Penelitian ini bertujuan untuk mengetahui Hubungan *Body Image* dan Asupan Energi dengan Status Gizi pada Siswi Jurusan Kecantikan Di SMK Negeri 10 Medan.

Penelitian dilaksanakan di SMK Negeri 10 Medan pada bulan November 2024 sampai Februari 2025. Penelitian ini menggunakan desain *cross sectional*. Populasi penelitian ini adalah siswi kelas X, XI, XII Jurusan Kecantikan SMK Negeri 10 Medan. Teknik pengambilan sampel dengan *purposive sampling* dengan total sampel 72 responden. Teknik pengumpulan data menggunakan kuesioner *Multidimensional Body Self Relation Questionnaire-Appearance Scale* (MBSRQ-AS), *Form Food Recall 2x24 jam* dan pengukuran antropometri. Teknik analisis data menggunakan deskriptif data. Uji *Rank Spearman* dan Uji Regresi Linier Berganda.

Hasil Penelitian ini menunjukkan bahwa siswi sebagian besar termasuk pada usia 15-16 tahun sebanyak 56 siswi (77,8%). Pendidikan ayah sebagian besar tamatan SMA/MA/SMK sebanyak 47 siswi (65,3%) dan pendidikan ibu sebagian besar tamatan SMA/MA/SMK sebanyak 44 siswi (61,1%). Pekerjaan ayah sebagian besar wiraswasta sebanyak 52 siswi (72,2%) dan pekerjaan ibu sebagian besar wiraswasta sebanyak 32 siswi (44,4%). Penghasilan ayah sebagian besar termasuk rendah (<Rp.1.500.000) sebanyak 23 siswi (31,9%) dan penghasilan ibu sebagian besar tidak berpenghasilan (Rp.0) sebanyak 31 siswi (43,1%). Besaran keluarga sebagian besar termasuk kategori sedang (5-6 orang) sebanyak 39 siswi (54,2%). *Body image* siswi sebagian besar termasuk kategori negatif sebanyak 50 siswi (69,4%) Asupan energi siswi sebagian besar termasuk kategori kurang sebanyak 32 siswi (44,4%). Status gizi siswi sebagian besar termasuk kategori gizi baik (normal) sebanyak 53 siswi (73,6%). Adanya hubungan negatif dan signifikan antara *body image* dengan status gizi dengan nilai koefisien korelasi sebesar -0,306 dan *p-value* = 0,009. Selain itu, terdapat hubungan positif dan signifikan antara asupan energi dengan status gizi dengan nilai koefisien korelasi sebesar 0,426 dan *p-value* = 0,000. Hasil Analisis Regresi Linier Berganda diperoleh persamaan regresi  $Y = 0,203 - 0,061X_1 + 0,001X_2$  dengan nilai *adjusted R square* sebesar 0,297.

**Kata kunci :** asupan energi, *body image*, status gizi

## ABSTRACT

**Firli Luthfia: The Relationships Of *Body Image* and Energy Intake with Nutritional Status among Female Beauty Students at SMK Negeri 10 Medan. Thesis. Faculty of Engineering. State University of Medan. 2025.**

Adolescents are an age group that experiences a transition from childhood to adulthood, making them vulnerable to nutritional problems. Based on the 2023 Indonesian Health Survey (SKI) Data, in North Sumatra Province, adolescents aged 13-15 years have a prevalence of very thin at 1.6%, thin at 3.0%, fat at 11.6% and obesity at 2.8%. In adolescents aged 16-18 years, the prevalence of very thin at 0.5%, thin at 4.0%, fat at 8.6% and obesity at 2.2%. Many factors cause nutritional status problems, including *body image* and energy intake. This research aims to determine the relationship of *Body Image* and Energy Intake with Nutritional Status among Female Beauty Students at SMK Negeri 10 Medan.

The research was carried out at SMK Negeri 10 Medan from November 2024 to February 2025. This research used a design cross sectional. The population of this study were female students in classes X, XI, XII, Beauty Department, SMK Negeri 10 Medan. Sampling technique with purposive sampling with a total sample of 72 respondents. The data collection technique uses a questionnaire Multidimensional Body Self Relation Questionnaire-Appearance Scale (MBSRQ-AS), Form Food Recall 2x24 hours and anthropometric measurements. The data analysis technique uses descriptive data. Spearman Rank Test and Multiple Linear Regression Test.

The results of this study indicate that most of the female students are aged 15-16 years as many as 56 female students (77.8%). The majority of fathers education is high school/vocational high school graduates as many as 47 female students (65.3%) and the majority of mothers education is high school/vocational high school graduates as many as 44 female students (61.1%). The majority of fathers jobs are self-employed as many as 52 female students (72.2%) and the majority of mothers jobs are self-employed as many as 32 female students (44.4%). The majority of fathers income is low (<Rp.1.500.000) as many as 23 female students (31.9%) and the majority of mothers income is unearned (Rp.0) as many as 31 female students (43.1%). The size of the family is mostly in the medium category (5-6 people) as many as 39 female students (54.2%). *Body image* most of the female students are in the negative category, as many as 50 female students (69.4%). Most of the female students energy intake is in the insufficient category, as many as 32 female students (44.4%). Most of the female students nutritional status is in the good (normal) nutritional category, as many as 53 female students (73.6%). There is a negative and significant relationship between body image with nutritional status values with a correlation coefficient value of -0.306 and p-value = 0.009. There is a positive and significant relationship between energy intake and nutritional status with a correlation coefficient of 0.426 and p-value = 0.000. The results of the Multiple Linear Regression Analysis obtained the regression equation  $Y = 0.203 - 0.061X_1 + 0.001X_2$  with value adjusted R square of 0.297.

**Keywords :** energy intake, *body image*, nutritional status