

ABSTRAK

Hertiana Panjaitan. Hubungan Citra Tubuh dan Asupan Zat Gizi Makro dengan Status Gizi Remaja Putri Di SMAN 1 Silima Pungga Pungga. Skripsi. Program Studi Gizi. Fakultas Teknik. Universitas Negeri Medan 2025.

Masalah status gizi pada remaja menjadi masalah yang memberikan dampak buruk. Masalah ini dapat dipengaruhi oleh citra tubuh yang negatif dan asupan zat gizi makro yang tidak seimbang. Berdasarkan Survei Kesehatan Indonesia (SKI) 2023 prevalensi status gizi remaja menurut IMT/U pada umur 16-18 tahun di Provinsi Sumatera Utara terdapat 0,5% sangat kurus, 0,4% kurus, 8,6% gizi lebih dan 2,2% obesitas. Tujuan penelitian ini: 1). Mengetahui gambaran umum karakteristik responden. 2). Mengetahui citra tubuh remaja putri. 3). Mengetahui asupan zat gizi makro yaitu karbohidrat, protein dan lemak. 4). Mengetahui status gizi remaja putri. 5). Mengetahui hubungan citra tubuh dengan status gizi remaja putri. 6). Mengetahui hubungan asupan zat gizi makro yaitu karbohidrat, protein dan lemak dengan status gizi remaja putri. 7). Mengetahui hubungan citra tubuh dan asupan zat gizi makro yaitu karbohidrat, protein dan lemak dengan status gizi remaja putri.

Penelitian ini dilakukan di SMA N 1 Silima Pungga Pungga. Metode penelitian ini adalah kuantitatif dengan pendekatan *cross sectional*. Teknik pengambilan sampel dengan menggunakan *cluster random sampling*, sampel sebanyak 89 orang. Data citra tubuh menggunakan kuesioner BSQ-16, dan asupan zat gizi makro (karbohidrat, protein dan lemak) menggunakan formulir *food recall* 2 x 24 jam, sedangkan status gizi dengan melakukan pengukuran berat badan dan tinggi badan. Teknik analisis data menggunakan uji *rank spearman*.

Hasil penelitian menunjukkan citra tubuh responden mayoritas citra tubuh negatif sebesar 55,06%. Asupan karbohidrat mayoritas kedalam kategori cukup sebesar 59,55%, asupan protein mayoritas kedalam kategori kurang sebesar 38,20%, asupan lemak mayoritas kedalam kategori cukup sebesar 43,31%. Hasil analisis uji *rank spearman* menunjukkan tidak ada hubungan yang signifikan antara citra tubuh dengan status gizi pada remaja dengan $p\text{-value} = 0,873$ dan terdapat hubungan yang positif dan signifikan antara asupan karbohidrat dengan status gizi remaja dengan $p\text{-value} = 0,000$, terdapat hubungan yang positif dan signifikan antara asupan protein dengan status gizi remaja dengan $p\text{-value} = 0,000$, terdapat hubungan yang positif dan signifikan antara asupan lemak dengan status gizi remaja dengan $p\text{-value} = 0,000$.

Kata kunci : citra tubuh, asupan zat gizi makro, status gizi, remaja.

ABSTRACT

Hertiana Panjaitan. *The Relationship between Body Image and Macronutrient Intake with the Nutritional Status of Adolescent Girls at SMA N 1 Silima Pungga Pungga. Thesis. Nutrition Study Program. Faculty of Engineering. State University of Medan 2025.*

The problem of nutritional status in adolescents is a problem that has a negative impact. This problem can arise due to negative body image and unbalanced macronutrient intake. Based on the 2023 Indonesian Health Survey (SKI), the prevalence of adolescent nutritional status according to BMI/U at the age of 16-18 years in North Sumatra Province was 0.5% very thin, 0.4% thin, 8.6% overweight and 2.2% obese. The purpose of this study: 1). To find out the general description of the characteristics of respondents. 2). To find out the body image of adolescent girls. 3). To find out the intake of macronutrients, namely carbohydrates, protein and fat. 4). To find out the nutritional status of adolescent girls. 5). To find out the relationship between body image and nutritional status of adolescent girls. 6). To find out the relationship between macronutrient intake, namely carbohydrates, protein and fat with the nutritional status of adolescent girls. 7). To find out the relationship between body image and macronutrient intake, namely carbohydrates, protein and fat with the nutritional status of adolescent girls.

This research was conducted at SMA N 1 Silima Pungga Pungga. The research method was quantitative with a cross-sectional approach. The sampling technique used cluster random sampling, with a sample size of 89 participants. Body image data were collected using the BSQ-16 questionnaire, and macronutrient intake (carbohydrates, protein, and fat) using a 2 x 24-hour food recall form. Nutritional status was measured using body weight and height measurements. Data analysis used the Spearman rank sum test.

The results of the study showed that the majority of respondents' body image was negative at 55.06%. Carbohydrate intake was mostly in the sufficient category at 59.55%, protein intake was mostly in the insufficient category at 38.20%, and fat intake was mostly in the sufficient category at 43.31%. The results of the Spearman rank test analysis showed that there was no significant relationship between body image and nutritional status in adolescents with a p-value of 0.873 and there was a positive and significant relationship between carbohydrate intake and nutritional status of adolescents with a p-value of 0.000, there was a positive and significant relationship between protein intake and nutritional status of adolescents with a p-value of 0.000, there was a positive and significant relationship between fat intake and nutritional status of adolescents with a p-value of 0.000.

Keywords: *body image, macronutrient intake, nutritional status, adolescents.*