

ABSTRAK

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Akibat meningkatnya penyebaran virus COVID-19 di Indonesia. Akhirnya pemerintah Indonesia mengambil langkah untuk melakukan Pembatasan Sosial Berskala Besar (PSBB). Lamanya masa PSBB berlangsung dapat mempengaruhi perilaku masyarakat dan juga dalam hal ini dapat mempengaruhi perilaku makan masyarakat selama masa pandemi COVID-19. Berdasarkan hasil penelitian sebelumnya, diketahui bahwa terdapat hubungan bermakna antara *body image* dan pengetahuan gizi dengan perilaku makan. Penelitian ini bertujuan untuk mengetahui hubungan *body image* dan pengetahuan gizi dengan perilaku makan mahasiswa pada masa pandemi COVID-19 di STIKes Mitra Keluarga. Metode penelitian yang digunakan adalah kuantitatif dengan desain *cross sectional*. Sampel penelitian adalah mahasiswa STIKes Mitra Keluarga dengan menggunakan teknik *consecutive sampling*. Data dikumpulkan dengan menggunakan kuesioner BSQ-34 (*Body Shape Questionnaire - 34*), pengetahuan gizi, dan EBPQ (*Eating Behavior Patterns Questionnaire*). Hasil penelitian menggunakan uji *Chi-Square* menunjukkan bahwa nilai *p-value* pada masing-masing variabel penelitian yaitu *body image* (0,032) dan pengetahuan gizi (0,030). Kesimpulannya yaitu terdapat hubungan yang signifikan antara *body image* dan pengetahuan gizi dengan perilaku makan mahasiswa pada masa pandemi COVID-19 di STIKes Mitra Keluarga.

Kata kunci : *Body Image*, Pengetahuan Gizi, Perilaku Makan, COVID-19.

ABSTRACT

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Due to the increasing spread of the COVID-19 virus in Indonesia. Finally, the Indonesian government took steps to implement Large-Scale Social Restrictions (PSBB). The length of time the PSBB lasts can affect people's behavior and also in this case it can affect people's eating behavior during the COVID-19 pandemic. Based on the results of previous research, it is known that there is a significant relationship between body image and nutritional knowledge and eating behavior. This study aims to determine the relationship between body image and nutritional knowledge with the eating behavior of students during the COVID-19 pandemic at STIKes Mitra Keluarga. The research method used was quantitative with cross sectional design. The research sample was STIKes Mitra Keluarga students using consecutive sampling technique. Data were collected using the BSQ-34 questionnaire (Body Shape Questionnaire - 34), nutritional knowledge, and EBPQ (Eating Behavior Patterns Questionnaire). The results of research using the Chi-Square test showed that the p-value of each research variable was body image (0.032) and nutritional knowledge (0.030). The conclusion is that there is a significant relationship between body image and nutritional knowledge with student eating behavior during the COVID-19 pandemic at STIKes Mitra Keluarga.

Keywords: Body Image, Nutritional Knowledge, Eating Behavior, COVID-19.