

HUBUNGAN CITRA TUBUH DENGAN PERILAKU DIET PADA REMAJA PUTRI DI SMPN SATU ATAP TAMBUN UTARA

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ABSTRAK

Latar Belakang: Usia remaja terjadi perubahan secara fisik, perkembangan secara fisik akan mempengaruhi psikologis remaja khususnya citra tubuh remaja. Remaja akan berusaha melakukan diet untuk mendapatkan citra tubuh yang positif. Diet yang dilakukan sering menjadi diet ekstrim yang dapat mempengaruhi kesehatan fisik remaja. **Tujuan:** Penelitian ini bertujuan untuk menganalisis hubungan citra tubuh dengan perilaku diet pada remaja putri di SMPN Satu Atap Tambun Utara. **Metode:** Penelitian menggunakan desain *cross sectional*. Dengan populasi penelitian sebanyak 115 siswi dan sampel sebanyak 98 siswi. Variabel citra tubuh menggunakan kuesioner *Multidimensional Body-Self Relations Questionnaire- Appearance Scale* (MBRSQAS-18) telah dilakukan uji validitas dengan nilai r (0.374) dan nilai *alpha cronbach's* (0.865) dan perilaku diet menggunakan kuesioner *Dutch Eating Behaviour Questionnaire* (DEBQ-16) telah dilakukan uji validitas dengan nilai r (0.325) dan nilai *alpha cronbach's* (0.843). Data dianalisis menggunakan uji statistik *Chi-Square*. **Hasil :** Mayoritas responden memiliki citra tubuh negatif sebanyak 53 responden (54.1%), sementara perilaku diet responden sama antara perilaku diet positif dan perilaku diet negatif masing-masing sebanyak 49 responden (50%). Dari hasil analisis statistik didapatkan *P-value* 0,068 yang memiliki arti bahwa *P-value* >0,05. **Kesimpulan:** Dari hasil uji statistik dapat disimpulkan bahwa tidak ada hubungan antara citra tubuh dengan perilaku diet pada remaja putri di SMPN Satu Atap Tambun Utara.

Kata kunci: Citra Tubuh, Perilaku Diet, Remaja Putri

**THE RELATIONSHIP BETWEEN BODY IMAGE AND DIETARY BEHAVIOR IN
ADOLESCENT WOMEN AT SMPN SATU ATAP TAMBUN UTARA**

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ABSTRACT

Background: Adolescents experience physical changes, physical development will affect the psychology of adolescents, especially their body image. Teenagers will try to go on a diet to get a positive body image. The diet that is done is often an extreme diet that can affect the physical health of adolescents. **Purpose:** This study aims to analyze the relationship between body image and dietary behavior in young girls at SMPN Satu Atap Tambun Utara. **Methods:** The study used a cross-sectional design. With a study population of 115 female students and a sample of 98 female students. Body image variable using the Multidimensional Body-Self Relations Questionnaire-Appearance Scale (MBRSQAS-18) questionnaire has been tested for validity with an r value (0.374) and cronbach's alpha value (0.865) and dietary behavior using the Dutch Eating Behavior Questionnaire (DEBQ-16) questionnaire validity test has been carried out with the r value (0.325) and cronbach's alpha value (0.843). Data were analyzed using the Chi-Square statistical test. **Results:** The majority of respondents had a negative body image of 53 respondents (54.1%), while the dietary behavior of the respondents was the same between positive dietary behavior and negative dietary behavior, each of 49 respondents (50%). From the results of statistical analysis, it was found that the P -value was 0.068 which means that the P -value was > 0.05 . **Conclusion:** From the results of statistical tests it can be concluded that there is no relationship between body image and dietary behavior in young women at SMPN Satu Atap Tambun Utara.

Keywords: *Body Image, Dietary Behavior, Young Women*