

ABSTRAK

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Remaja putri sering mengalami persepsi terhadap citra tubuh, sehingga banyak upaya yang dilakukan untuk menunjang penampilan seperti mengurangi berat badan dengan cara merubah pola konsumsinya agar dapat mencapai tubuh yang ideal, hal tersebut akan berdampak negatif pada status gizi. Riskesdas (2013) menyatakan, prevalensi status gizi remaja umur 16-18 tahun berdasarkan IMT/U di Kota Bekasi, sangat kurus sebanyak 5,6% dan 3,6% obesitas. Penelitian ini bertujuan untuk menganalisis hubungan citra tubuh (*body image*) dan pola konsumsi pangan dengan status gizi pada remaja putri di SMA Daya Utama Kota Bekasi. Penelitian ini adalah penelitian kuantitatif dengan desain *cross sectional*. Jumlah sampel 125 siswi SMA Daya Utama, yang dipilih dengan metode *purposive sampling*. Pengumpulan data menggunakan kuesioner *Multidimensional Body Self Relation Questionnaire-Appearance Scales* (MBSRQ-AS), *Food Frequency Questionare*, *Food Recall* 24 jam, dan dianalisis menggunakan uji *Fisher's exact*. Hasil analisis menunjukkan nilai *p-value* pada masing-masing variabel yaitu citra tubuh (*body image*) dengan status gizi *p-value* <0,001, pola konsumsi pangan dengan status gizi *p-value* <0,0001. Kesimpulan dari penelitian ini terdapat hubungan antara citra tubuh (*body image*) dan pola konsumsi pangan dengan status gizi pada remaja putri di SMA Daya Utama Kota Bekasi.

Kata Kunci: Citra Tubuh (*Body Image*), Pola Konsumsi Pangan, Status Gizi.

ABSTRACT

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Young women often experience perceptions of body image, so that many efforts are made to support their appearance, such as reducing body weight by changing their consumption patterns to achieve an ideal body, this will hurt nutritional status. Riskesdas (2013) states, the prevalence of nutritional status of adolescents aged 16-18 years based on BMI for Age in Bekasi City is 5.6% very thin, and 3.6% obese. This study aims to analyze the relationship between body image and food consumption patterns with the nutritional status of young woman in Daya Utama High School Bekasi City. This research is a quantitative study with a cross-sectional design. The number of samples was 125 students in Daya Utama High School, who were selected by purposive sampling method. Collecting data using a Multidimensional Body Self Relation Questionnaire-Appearance Scales (MBSRQ-AS) questionnaire, Food Frequency Questionnaire, 24-hour Food Recall, and analyzed using Fisher's exact test. The results of the analysis showed the p-value for each variable, namely body image with nutritional status of p-value <0.001, food consumption patterns with nutritional status of p-value <0.0001. The conclusion from this study is that there is a relationship between body image and food consumption patterns with the nutritional status of young woman in Daya Utama High School Bekasi City.

Keywords: Body Image, Food Consumption Pattern, Nutritional Status.