

ABSTRAK

Latar Belakang: Pemenuhan zat gizi merupakan faktor teknis dalam menunjang prestasi atlet. Isu *body image* yang rentan pada perempuan, tak terkecuali individu atlet, dapat menjadi kendala dalam penerapan pola makan yang baik. Selain itu, diperlukan juga pengetahuan gizi untuk memiliki perilaku serta pemilihan makan yang sehat dan sesuai.

Tujuan: Penelitian ini bertujuan untuk melihat gambaran *body image*, tingkat pengetahuan, dan pola makan, serta mengetahui hubungan *body image* dan tingkat pengetahuan dengan pola makan pada atlet polo air putri.

Metode: Penelitian ini menggunakan pendekatan potong lintang dengan subjek penelitian 14 atlet polo air putri Provinsi Daerah Yogyakarta yang diambil secara *total sampling*. Data *body image* diambil menggunakan kuesioner MBSRQ-AS, tingkat pengetahuan diambil menggunakan kuesioner tingkat pengetahuan gizi olahraga, frekuensi makan diambil menggunakan kuesioner frekuensi makan, dan asupan zat gizi makro diambil dengan wawancara menggunakan SQ-FFQ.

Hasil: Sebanyak 42,85% atlet ber-*body image* negatif dan 51,1% ber-*body image* positif; 12,28% berpengetahuan sedang dan 85,71% berpengetahuan baik; 78,57% berfrekuensi makan kurang baik dan 21,42% berfrekuensi makan baik; 71,42% mengonsumsi gizi makro tidak sesuai rekomendasi dan 28,57% mengonsumsi gizi makro sesuai rekomendasi. Berdasarkan uji hubungan exact fisher yang dilakukan, tidak terdapat hubungan antara *body image* dengan frekuensi makan ($p=1,000$) dan konsumsi zat gizi makro ($p=0,245$) serta tingkat pengetahuan dengan frekuensi makan ($p=1,000$) dan konsumsi zat gizi makro ($p=1,000$).

Kesimpulan: Tidak terdapat hubungan yang berarti antara persepsi *body image* dan tingkat pengetahuan gizi olahraga dengan pola makan yang baik pada atlet polo air putri Provinsi Daerah Istimewa Yogyakarta.

Kata Kunci: *Body Image*, Pengetahuan, Pola Makan, Atlet Putri, Polo Air

ABSTRACT

Background: The fulfillment of nutrients is a technical factor in supporting an athlete's achievement. The issue of body image is vulnerable in women, including athletes, and can be an obstacle to implementing a good diet. Nutritional knowledge is also needed to have healthy and good eating habits.

Purpose: This study aimed to determine the level of body image, sports nutrition knowledge, and eating habits; the correlation between body image with eating habits; and the correlation between sports nutrition knowledge with eating habits of female water polo athletes.

Method: This study use cross-sectional and conducted on 14 female athletes of the Special Region of Yogyakarta Provincial Water Polo Team taken by total sampling. Body image data was obtained by MBSRQ-AS questionnaire, knowledge of sports nutrition was obtained by sports nutrition questionnaire, eating frequency was obtained by eating frequency questionnaire, and macronutrients were obtained through direct interviews with SQ-FFQ.

Result: 42,85% of athletes classified with negative body image, 51,1% classified with positive body image, 12,28% classified with moderate sports nutrition knowledge, 85,71% classified with high sports nutrition knowledge, 78,58% classified with poor eating frequency, 21,42% classified with good eating frequency, 71,42% classified with not in accordance with macronutrients intake recommendations, and 28,57% classified with in accordance with macronutrients intake recommendations. Based on Fisher's Exact correlation test, there was no significant relationship between *body image* with eating frequency ($p=1,000$), macronutrients intake ($p=0,245$), and sports nutrition knowledge with eating frequency ($p=1,000$), macronutrients intake ($p=1,000$).

Conclusion: The better level of body image and sports nutrition knowledge were not necessarily related to good eating habits of the Special Region of Yogyakarta provincial female water polo athletes.

Keywords: Body Image, Knowledge, Eating Habit, Female Athletes, Water Polo