

HUBUNGAN PERSEPSI CITRA TUBUH DAN RISIKO KEJADIAN FEMALE ATHLETE TRIAD PADA ATLET WANITA DI SMA NEGERI OLAHRAGA SIDOARJO

INTISARI

Latar Belakang: Jumlah wanita yang ikut berpartisipasi dalam keolahragaan telah meningkat secara signifikan selama beberapa tahun terakhir. Pada dunia olahraga, banyak atlet yang berusaha untuk mendapatkan tubuh yang ideal demi meningkatkan prestasinya. Keinginan untuk mendapatkan tubuh yang sempurna tersebut dapat menuntun pada persepsi citra tubuh negatif hingga menimbulkan beberapa gangguan perilaku makan. Jika terus dibiarkan dalam jangka panjang dan berkelanjutan, hal ini dapat meningkatkan risiko sindrom *Female Athlete Triad* yang terdiri atas tiga komponen, yakni ketersediaan energi rendah, gangguan menstruasi, dan gangguan tulang. Meskipun beberapa studi telah menunjukkan tingginya prevalensi sindrom FAT dikalangan atlet wanita, namun belum banyak penelitian di Indonesia yang menyajikan data terkait sindrom tersebut.

Tujuan Penelitian: Penelitian ini bertujuan untuk melihat hubungan antara persepsi citra tubuh dengan risiko kejadian *Female Athlete Triad* (FAT) syndrome pada atlet wanita dari berbagai cabang olahraga di SMAN Olahraga Sidoarjo.

Metode: Penelitian ini merupakan penelitian *cross-sectional* dengan teknik pengumpulan data menggunakan kuisioner, yakni *Body Shape Questionnaire 34 Items* (BSQ-34 Items) untuk menilai citra tubuh dan *The Low Energy Availability in Females Questionnaire* (LEAF-Q) untuk melihat risiko sindrom FAT. Subjek meliputi 76 atlet wanita remaja berusia 16-19 tahun dari berbagai cabang olahraga di SMAN Olahraga Sidoarjo yang kemudian dibagi menjadi tiga kategori, yakni *power*, *endurance*, dan permainan. Uji statistik yang digunakan untuk melihat kedua hubungan variabel adalah uji korelasi non-parametrik *spearman rho*.

Hasil: Sebagian responden (n=38) masih merasakan ketidakpuasan dengan citra tubuhnya dan tidak ada perbedaan signifikan ($p>0.05$) untuk nilai skor diantara ketiga cabang olahraga. Prevalensi atlet yang berisiko mengalami sindrom FAT pada penelitian ini adalah 38.2% (n=29) dan tidak ada perbedaan yang bermakna ($p>0.05$) diantara ketiga kategori cabang olahraga. Terdapat hubungan bermakna antara persepsi citra tubuh dengan nilai status gizi (IMT/U) ($p<0.05$, $r=0.471$) serta antara persepsi citra tubuh dengan tingkat risiko sindrom FAT ($p<0.05$, $r=0.294$).

Kesimpulan: Terdapat hubungan antara persepsi citra tubuh dengan tingkat risiko sindrom FAT. Hubungan searah ini menunjukkan bahwa semakin tinggi skor ketidakpuasan citra tubuh, maka semakin tinggi pula skor risiko sindrom FAT.

Kata Kunci: citra tubuh, *female athlete triad* (FAT), atlet wanita, remaja

CORRELATION BETWEEN BODY IMAGE PERCEPTION AND THE RISK OF FEMALE ATHLETE TRIAD INCIDENCE AMONG FEMALE ATHLETES AT SMA NEGERI OLAHRAGA SIDOARJO

ABSTRACT

Background: The number of women participating in sports has increased significantly over the last few years. In the world of sports, many athletes are trying to get the ideal body in order to improve their performance. The desire to get a perfect body can lead to the perception of negative body image that would cause an eating disorder. If that condition occurred in the long term and sustained, it would increase the risk of Female Athlete Triad syndrome which consists of three components, namely low energy availability, menstrual cycle disorders, and bone density disorders. Although there have been many studies indicate the high prevalence of FAT syndrome among female athletes, however there are not many studies in Indonesia have presented data related to this syndrome.

Objective: The aim of this study is to examine the correlation between body image and the risk of Female Athlete Triad (FAT) syndrome in female athletes from various sports at SMAN Olahraga Sidoarjo.

Methods: This research is a cross-sectional study that use questionnaire as an instrument for collecting data, the Body Shape Questionnaire 34 Items (BSQ-34 Items) to assess body image and The Low Energy Availability in Females Questionnaire (LEAF-Q) to assess the risk of FAT syndrome. The subjects included 76 youth female athletes 16-19 years old from various sports at SMAN Olahraga Sidoarjo that divided into three categories, specifically power; endurance; and games. The non-parametric correlation test spearman rho were use to see the relationship between the two variables in this study.

Result: Some respondents (n=38) still felt dissatisfied with their body image and there was no significant difference ($p>0.05$) for the scores between the three sports. The prevalence of athletes at risk for FAT syndrome in this study was 38.2% (n=29) and there was no significant difference ($p>0.05$) between the three sports categories. There is a significant relationship between perception of body image and nutritional status (BMI-for-age) ($p<0.05$, $r=0.471$). In addition, there is also a one-way relationship between body image and the risk of FAT syndrome ($p<0.05$, $r=0.294$).

Conclusion: There is a relationship between the perception of body image with the risk of FAT syndrome. This one-way relationship indicates that the higher the body image dissatisfaction score, the higher the risk of FAT syndrome.

Keywords: body image, female athlete triad (FAT), female athletes, youth