

INTISARI

Latar belakang: Masalah dan perilaku terkait gizi dan kesehatan seperti gangguan makan baru-baru ini dilaporkan berkaitan dengan literasi gizi, terutama di kalangan remaja. Selain literasi gizi, stres dan kecemasan kemungkinan memperkuat pengaruh satu sama lain pada strategi koping emosional dan perilaku makan untuk memperbesar risiko gangguan makan pada individu yang rentan. Namun, terdapat pula penelitian yang melaporkan tidak ada hubungan antara literasi gizi dan kecemasan dengan kecenderungan gangguan makan. **Tujuan:** Mengetahui hubungan literasi gizi dan kecemasan dengan kecenderungan gangguan makan pada remaja perempuan di SMAN 4 Yogyakarta. **Metode:** Desain penelitian ini merupakan observasional dengan pendekatan kuantitatif jenis *cross sectional*. Subjek diambil dengan teknik *proportionate stratified random sampling*. Subjek yang terlibat sebanyak 356 siswa perempuan. Pengambilan data dilakukan secara luring menggunakan kuesioner NLS, SAS, dan EAT-26 melalui *google form*. Analisis data menggunakan uji *Chi-Square* dengan ukuran asosiasi PR (*Prevalence Ratio*). **Hasil:** Sebanyak 0,6% subjek memiliki literasi gizi tidak adekuat; 1,7% subjek memiliki kecemasan sedang; dan 16,9% subjek memiliki kecenderungan gangguan makan dengan 85% diantaranya cenderung melakukan *dieting*. Hubungan literasi gizi dengan kecenderungan gangguan makan tidak signifikan ($p\text{ value}=0,714 > 0,05$; PR= 1,110; 95% CI= 0,636-1,937), sedangkan hubungan kecemasan dengan kecenderungan gangguan makan signifikan ($p\text{ value}=0,000 < 0,05$; PR= 2,464; 95% CI= 1,573-3,860). **Kesimpulan:** Kecemasan memiliki hubungan yang signifikan dengan kecenderungan gangguan makan, tetapi tidak terdapat hubungan antara literasi gizi dan kecenderungan gangguan makan.

Kata kunci: literasi gizi, kecemasan, gangguan makan, remaja

ABSTRACT

Background: Nutrition and health-related problems and behaviors such as eating disorders have recently been reported to be related to nutritional literacy, especially among adolescents. In addition to nutritional literacy, stress and anxiety may reinforce each other's influence on emotional coping strategies and eating behavior to increase the risk of eating disorders in vulnerable individuals. However, there are also studies that report no relationship between nutritional literacy and anxiety with eating disorder tendencies. **Objective:** Discover the relationship between nutrition literacy and anxiety with eating disorder tendencies on adolescent girls at SMAN 4 Yogyakarta. **Methods:** This study design was observational with cross-sectional type of quantitative method. Subjects were taken using proportionate stratified random sampling technique. Subjects involved were 356 female students. The data were collected offline using the NLS, SAS, and EAT-26 questionnaires via the Google form. Data analysis used the Chi-Square test with a measure of the PR (Prevalence Ratio) association. **Results:** There were 0,6% of the subjects have an inadequate nutrition literacy; 1,7% have a moderate anxiety; 16,9% have a tendency towards eating disorder with 85% of them tending to do dieting behavior. The relation between nutrition literacy and eating disorder tendencies is not significant ($p \text{ value} = 0,714 > 0,05$; $PR = 1,110$; $95\% \text{ CI} = 0,636-1,937$), meanwhile the relation between anxiety and eating disorder tendencies is significant ($p \text{ value} = 0,000 < 0,05$; $PR = 2,464$; $95\% \text{ CI} = 1,573-3,860$). **Conclusion:** Anxiety has a relationship with eating disorder tendencies, but there was no correlation between nutrition literacy and eating disorder tendencies.

Keywords: nutrition literacy, anxiety, eating disorders, adolescent