

HUBUNGAN ANTARA KEPUASAN DAN PERSEPSI CITRA TUBUH DENGAN PERILAKU MAKAN DAN TINGKAT AKTIVITAS FISIK PADA SISWI SMAN 6 YOGYAKARTA

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INTISARI

Latar belakang: Usia remaja merupakan periode kritis perkembangan citra tubuh. Prevalensi ketidakpuasan dan kesalahan persepsi citra tubuh cukup tinggi pada remaja perempuan. Ketidakpuasan dan kesalahan tersebut menyebabkan pengendalian berat badan yang tidak sehat.

Tujuan: Mengetahui hubungan antara kepuasan dan persepsi citra tubuh dengan perilaku makan dan tingkat aktivitas fisik pada siswi SMAN 6 Yogyakarta.

Metode: Penelitian *cross-sectional* pada 146 siswi di SMAN 6 Yogyakarta. Citra tubuh, perilaku makan, dan tingkat aktivitas fisik dikumpulkan melalui kuesioner *Body Image Assessment Scale-Body Dimensions* (BIAS-BD), *Eating Attitudes Test-26* (EAT-26), dan *International Physical Activity Questionnaire* (IPAQ). Hipotesis diuji menggunakan uji korelasi Spearman.

Hasil: Sebanyak 113 remaja (77,40%) mengalami ketidakpuasan citra tubuh, 135 remaja (92,50%) salah mempersepsikan ukuran tubuhnya, 62 remaja (42,50%) mengalami gangguan perilaku makan, dan 72 remaja (49,30%) memiliki tingkat aktivitas fisik kurang dari median. Hubungan antara kepuasan dan persepsi citra dengan perilaku makan dan aktivitas fisik menunjukkan hasil $p < 0,00$, $r = 0,29$; $p = 0,05$, $r = 0,17$; $p = 0,03$, $r = 0,18$; $p = 0,01$, $r = 0,20$.

Kesimpulan: Terdapat hubungan antara kepuasan citra tubuh dengan perilaku makan, persepsi citra tubuh dengan perilaku makan, dan persepsi citra tubuh dengan aktivitas fisik, tetapi tidak terdapat hubungan antara kepuasan citra tubuh dengan aktivitas fisik.

Kata kunci: kepuasan citra tubuh; persepsi citra tubuh; perilaku makan; aktivitas fisik; remaja perempuan

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THE RELATIONSHIP BETWEEN BODY IMAGE SATISFACTION AND PERCEPTION WITH EATING BEHAVIOR AND PHYSICAL ACTIVITY LEVEL AMONG FEMALE STUDENTS OF SMAN 6 YOGYAKARTA

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ABSTRACT

Background: Adolescence is a critical period for the development of body image. The prevalence of body image dissatisfaction and misperception is high among adolescent girls. This dissatisfaction and misperception lead to unhealthy weight control behaviors.

Objective: To examine the relationship between satisfaction and perception of body image with eating behavior and physical activity levels in female students at SMAN 6 Yogyakarta.

Method: This cross-sectional study involved 146 female students at SMAN 6 Yogyakarta. Body image, eating behavior, and physical activity levels were evaluated using the Body Image Assessment Scale-Body Dimensions (BIAS-BD), Eating Attitudes Test-26 (EAT-26), and International Physical Activity Questionnaire (IPAQ) questionnaires. The hypotheses were tested using the Spearman correlation test.

Results: Among the participants, 113 girls (77.40%) experienced body image dissatisfaction, 135 girls (92.50%) misperceived their body shape, 62 girls (42.50%) experienced eating behavior disorders, and 72 girls (49.30%) had physical activity levels below the median. The relationship between body image satisfaction and perception with eating behavior and physical activity showing were $p < 0,00$, $r = 0,29$; $p = 0,05$, $r = 0,17$; $p = 0,03$, $r = 0,18$; $p = 0,01$, $r = 0,20$.

Conclusion: There was a significant relationship between body image satisfaction and eating behavior, body image perception and eating behavior, and body image perception and physical activity. However, no significant relationship was found between body image satisfaction and physical activity.

Keywords: body image satisfaction; body image perception; eating behavior; physical activity; female adolescents

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