

HUBUNGAN ANTARA PERSEPSI CITRA TUBUH DAN ASUPAN MAKANAN DENGAN STATUS GIZI ATLET REMAJA PUTRI DI SMA NEGERI OLAHRAGA (SMANOR) SIDOARJO DAN SMA NEGERI 1 SEWON

ABSTRAK

Latar belakang: Status gizi pada atlet berperan dalam mendukung kebugaran dan performa dalam berolahraga serta dapat dipengaruhi oleh persepsi citra tubuh, tingkat kecukupan gizi, dan komposisi tubuh. Atlet remaja perempuan termasuk dalam kelompok populasi yang rentan terhadap distorsi citra tubuh dan gangguan makan. Atlet perempuan berisiko mengalami RED-S yang disebabkan adanya kekurangan energi relatif, yang berarti ada ketidakseimbangan antara asupan energi makanan dan pengeluaran energi yang diperlukan untuk menjaga kesehatan, aktivitas sehari-hari, pertumbuhan, dan aktivitas olahraga.

Tujuan penelitian: Untuk menganalisis hubungan antara persepsi citra tubuh dan asupan makanan dengan status gizi atlet remaja putri.

Metode penelitian: Kategori status gizi dengan indikator IMT/U meliputi gizi kurang, gizi baik, gizi lebih, dan obesitas. Variabel persepsi citra tubuh diklasifikasikan menjadi citra tubuh positif dan negatif. Variabel asupan makanan diklasifikasikan menjadi asupan kurang, adekuat, dan berlebih. Penelitian ini menggunakan rancangan model *cross sectional* dengan total sampel 54 responden melalui *total sampling* serta mempertimbangkan kriteria inklusi dan eksklusi. Analisis statistika yang digunakan adalah *Pearson Correlation* dan *Spearman's rho*.

Hasil penelitian: Hasil analisis korelasi *Pearson* menunjukkan hubungan asupan energi, lemak, dan karbohidrat dengan status gizi memiliki nilai $p > 0.05$. Analisis korelasi *Spearman's rho* antara persepsi citra tubuh dan status gizi atlet memiliki nilai $p < 0.05$ dengan nilai $r = 0.403$. Hasil uji korelasi *Spearman's rho* asupan protein dengan status gizi dan persepsi citra tubuh dengan asupan makanan memiliki nilai $p > 0.05$.

Kesimpulan : Terdapat hubungan searah antara persepsi citra tubuh dengan status gizi atlet remaja putri. Tidak terdapat hubungan antara persepsi citra tubuh dengan asupan makanan dan antara asupan makanan dengan status gizi atlet remaja putri.

Kata Kunci : Citra tubuh; asupan makanan; status gizi; atlet remaja putri.

**THE RELATIONSHIP OF BETWEEN BODY IMAGE PERCEPTION
AND FOOD INTAKE WITH NUTRITIONAL STATUS IN ADOLESCENT
FEMALE ATHLETES AT SMA NEGERI OLAHRAGA (SMANOR)
SIDOARJO AND SMA NEGERI 1 SEWON**

ABSTRACT

Background: Nutritional status in athletes plays a role in supporting fitness and performance in sports and can be influenced by perceived body image, nutritional adequacy and body composition. perceptions, nutritional adequacy, and body composition. Adolescent female athletes belong to a population group that is vulnerable to body image distortions and eating disorders. Female athletes are at risk of RED-S due to relative energy deficiency, which means there is an imbalance between the intake of dietary energy intake and energy expenditure required to maintain health, daily activities, growth, and sports activities.

Objectives: To analyze the relationship between perceived body image and food intake with the nutritional status of adolescent female athletes.

Methods: Categories of nutritional status with IMT/U indicators include good nutrition, over nutrition, and obesity. Body image perception variable body image perception variables are classified into positive and negative body image. Food intake variables were classified into deficient, adequate, and excessive. The study This study used a cross-sectional model design with a total sample of 54 respondents through total sampling and considering the inclusion criteria. respondents through total sampling and considering the inclusion and exclusion criteria. The statistical analysis used was Pearson Correlation and Spearman's rho.

Results: The results of Pearson correlation analysis showed the relationship between energy, fat, and carbohydrate intake with nutritional status had a $p > 0.05$ value. Spearman's rho correlation analysis between body image perception and nutritional status of athletes has a value of $p < 0.05$ with a value of $r = 0.403$. Spearman's rho correlation test results of protein intake with nutritional status and body image perceptions with food intake had a value of $p > 0.05$.

Conclusion: There is a relationship between body image perception and nutritional status of adolescent female athletes. There is no relationship between body image perception and food intake and between food intake and nutritional status of adolescent female athletes.

Keywords: Body image, food intake, nutritional status, adolescent female athletes.