



ABSTRAK

Latar Belakang: Masalah gizi pada remaja khususnya usia 16-18 tahun, seperti kekurangan gizi, kegemukan, dan obesitas, terus meningkat dan menjadi perhatian serius, termasuk di Yogyakarta. Gangguan makan yang dipengaruhi oleh *body image* turut berkontribusi terhadap masalah ini. Masa remaja merupakan fase penting dalam membentuk kebiasaan makan dan gaya hidup sehat. Status gizi, pengaruh sosial ekonomi keluarga, teman sebaya, dan media sosial turut berperan dalam membentuk citra tubuh remaja, yang dapat memengaruhi pola makan mereka.

Tujuan: Mengetahui Hubungan antara *Body Image* dengan Perilaku Makan pada Remaja di Kota Yogyakarta.

Metode: Penelitian ini menggunakan metode kuantitatif dengan desain *cross sectional* pada 93 siswa di SMKN 1 Kota Yogyakarta. Instrumen yang digunakan adalah *Eating Attitudes Test-26* untuk mengukur risiko gangguan perilaku makan dan *Body Shape Questionnaire* untuk mengukur *body image*. Kuesioner disebarluaskan secara daring melalui *platform Google forms*.

Hasil: Sebagian besar remaja di SMKN 1 Kota Yogyakarta memiliki perilaku makan normal (74,19%), namun 25,81% menunjukkan perilaku makan abnormal. Sebanyak 44,09% responden merasa tidak puas terhadap citra tubuhnya. Terdapat hubungan signifikan antara *body image* dan perilaku makan, serta faktor status gizi, status sosial ekonomi, teman sebaya, dan media sosial. Jenis kelamin tidak berhubungan signifikan.

Kesimpulan: *Body image* serta faktor status gizi, status sosial ekonomi, teman sebaya, dan media sosial berkontribusi terhadap perilaku makan remaja. Promosi kesehatan perlu mempertimbangkan faktor-faktor tersebut untuk mencegah perilaku makan yang tidak sehat.

Kata Kunci: perilaku makan, *body image*, status gizi, status sosial ekonomi keluarga, teman sebaya, dan media sosial



ABSTRACT

Background: Nutritional issues among adolescents, particularly those aged 16–18 years, such as undernutrition, obesity, and obesity, continue to rise and are a serious concern, including in Yogyakarta. Eating disorders influenced by body image contribute to these issues. Adolescence is a critical phase for forming healthy eating habits and lifestyles. Nutritional status, family socioeconomic factors, peers, and social media play roles in shaping adolescents' body image, which can affect their eating behaviors.

Objective: To investigate the relationship between body image and eating behavior among adolescents in Yogyakarta City.

Methods: This study used a quantitative method with a cross-sectional design involving 93 students at SMKN 1 Yogyakarta City. The instruments used were the Eating Attitudes Test–26 to measure the risk of eating behavior disorders and the Body Shape Questionnaire to assess body image. Questionnaires were distributed online via Google Forms.

Results: The majority of adolescents at SMKN 1 Yogyakarta City exhibited normal eating behavior (74.19%), but 25.81% showed abnormal eating behavior. Additionally, 44.09% of respondents were dissatisfied with their body image. There was a significant relationship between body image and eating behavior, as well as with nutritional status, socioeconomic status, peers, and social media. Gender was not significantly related.

Conclusion: Body image, along with nutritional status, socioeconomic status, peers, and social media, contributes to adolescents' eating behavior. Health promotion efforts should consider these factors to prevent unhealthy eating behaviors.

Keywords: eating behavior, body image, nutritional status, family socioeconomic status, peers, social media