

HUBUNGAN CITRA TUBUH (*BODY IMAGE*) DENGAN POLA KONSUMSI DAN STATUS GIZI ATLET *WEIGHT CATEGORY SPORTS*

INTISARI

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Latar Belakang: *Weight category sports* merupakan olahraga yang memiliki kategori berat badan tertentu, di mana terdapat pembatasan berat badan maksimal atlet saat bertanding. Komposisi lemak tubuh yang rendah memberikan keuntungan saat pertandingan. Hal ini mempengaruhi citra tubuh yang menyebabkan terjadinya perubahan pola makan dan gangguan makan pada atlet. Asupan energi yang rendah dapat menyebabkan penurunan status gizi dan menurunkan performa saat bertanding.

Tujuan: Tujuan penelitian ini untuk mengetahui profil dan hubungan antara citra tubuh (*body image*) dengan pola konsumsi dan status gizi pada atlet *weight category sports* di Unit Kegiatan Mahasiswa (UKM) Universitas Gadjah Mada.

Metode: Penelitian ini adalah penelitian analitik *cross-sectional* dengan rancangan observasional. Penelitian dilakukan di UKM Universitas Gadjah Mada Yogyakarta pada bulan November-Desember 2018. Subjek merupakan atlet mahasiswa yang tergabung dalam UKM Merpati Putih, Judo, Perisai Diri, Karate, Taekwondo, dan Kempo sejumlah 76 orang. Variabel yang diteliti meliputi citra tubuh, asupan zat gizi makro, dan status gizi. Uji statistik yang digunakan yaitu uji korelasi Spearman dan korelasi Pearson.

Hasil: Terdapat hubungan negatif yang bermakna antara aspek pengkategorian ukuran tubuh dengan asupan energi ($p = 0,016$) dan asupan karbohidrat ($p = 0,000$). Terdapat hubungan positif yang bermakna antara aspek evaluasi kesehatan ($p = 0,038$) dengan asupan protein. Terdapat hubungan positif yang bermakna antara aspek orientasi kebugaran ($p = 0,002$), evaluasi kesehatan ($p = 0,005$), dan orientasi kesehatan ($p = 0,010$) dengan asupan lemak. Terdapat hubungan positif yang bermakna antara aspek pengkategorian ukuran tubuh dengan IMT ($p = 0,000$), % *body fat* ($p = 0,000$) dan hubungan negatif dengan % *skeletal muscle* ($p = 0,001$). Terdapat hubungan positif yang bermakna antara asupan energi ($p = 0,027$) dan karbohidrat ($p = 0,000$) dengan IMT. Tidak terdapat hubungan yang bermakna antara asupan zat gizi dengan % *body fat* dan % *skeletal muscle*.

Kesimpulan: Citra tubuh pada aspek tertentu berhubungan dengan pola konsumsi dan status gizi. Tetapi tidak terdapat hubungan bermakna antara asupan zat gizi dengan % *body fat* dan % *skeletal muscle*.

Kata Kunci: citra tubuh, pola konsumsi, status gizi, atlet *weight category sports*.

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THE CORRELATIONS BETWEEN BODY IMAGE WITH CONSUMPTION PATTERNS AND NUTRITIONAL STATUS IN WEIGHT CATEGORY SPORTS ATHLETES

ABSTRACT

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Background: *Weight category sports* are sports which have specific weight categories, in which athletes are grouped by their weights. Low body fat composition gives advantages to athletes during match. Thus, it affects athlete's body image that in turn will cause change in diet or eating disorder. Low energy intake may cause nutritional status degradation and decrease athlete's performance in matches.

Objective: The objective of this research is to discover the profile and relationship between body image and consumption pattern as well as nutritional status on weight category sports athletes of Student Activity Unit (*Unit Kegiatan Mahasiswa/ UKM*) at Universitas Gadjah Mada.

Methods: This research is an analytical cross-sectional study with observations. This research was conducted in Universitas Gadjah Mada's UKM in November-December 2018. The subjects are Merpati Putih, Judo, Perisai Diri, Karate, Taekwondo, and Kempo student athletes, totaling 76 athletes. Variables observed are body image, macronutrients intake, and nutritional status. Spearman correlation test and Pearson correlation test were used in this research.

Result: There is a significantly negative correlation between self-classified weight with energy intake ($p = 0.016$) and carbohydrate intake ($p = 0.000$). There is a significantly positive correlation between health evaluation and protein intake ($p = 0.038$). There is a significantly positive correlation between fat intake and fitness orientation ($p = 0.002$), health evaluation ($p = 0.005$), and health orientation ($p = 0.010$). There is a significantly positive correlation between self-classified weight and BMI ($p = 0.000$), percentage of body fat ($p = 0.000$), and negative correlation with percentage of skeletal muscle ($p = 0.001$). There is a significantly positive correlation between BMI with energy intake ($p = 0.027$), and carbohydrate intake ($p = 0.000$). Significant correlation does not exist between nutrients intake and percentage of body fat or percentage of skeletal muscle.

Conclusion: In certain aspects, body image is correlated with consumption patterns and nutritional status, but there is no significant correlation between nutrition intake with percentage of body fat or percentage of skeletal muscle.

Keywords: body image, dietary intake, nutritional status, weight category sports athlete

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