

THE RELATIONSHIP BETWEEN BODY IMAGE AND OBESITY TO PERCEIVED STRESS AMONG COLLEGE STUDENT IN YOGYAKARTA

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Abstract

Background: The prevalence of obesity in Indonesia increases every year. Obesity brings about various health impact, from premature mortality to lower life quality. Commonly, obesity is related to non communicable disease and some psychosocial problems. Negative body image could imply primary effect of psychosocial health in future.

Objective: To examine the relationship between body image and obesity, body image and perceived stress and obesity and perceived stress among college students.

Method: This study utilized a cross sectional design with total 150 subjects (75 men and 75 women) taken by quota sampling method at University of Gadjah Mada and Yogyakarta University of Technology. Perceived stress in this study was measured using 10 items perceived stress scale (PSS-10), body image was measured using 16 items body shape questionnaire (BSQ-16) and obesity was measured using percent of body fat. The body fat was calculated from triceps, abdominal and crista iliaca skinfolds. Anthropometry measurement followed the standard of ISAK (2006). Chi square test was used for the statistical analysis.

Result: The result of χ^2 test between body image and obesity was 9,76 ($p < 0,05$) and OR was 5,80. Whereas, result of χ^2 test between body image and obesity to perceived stress was 0,87 with $p = 0,35$ and 2,17 with $p = 0,14$. There was no significant relationship between body image and obesity to perceived stress ($p > 0,05$).

Conclusion: There is significant relationship between body image and obesity among college student. However, there was no significant relationship between body image and obesity to perceived stress among college student.

Keyword: perceived stress, body image, obesity, body fat, college student

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HUBUNGAN IMEJ TUBUH DAN OBESITAS TERHADAP PERASAAN STRES PADA MAHASISWA DI DAERAH ISTIMEWA YOGYAKARTA

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Intisari

Latar belakang: Prevalensi obesitas di Indonesia terus bertambah setiap tahun. Konsekuensi obesitas terhadap kesehatan sangat bervariasi mulai dari kematian prematur sampai kualitas hidup yang rendah. Umumnya obesitas dikaitkan dengan *non communicable disease* dan berbagai gangguan psikososial. Imej tubuh yang buruk dapat menimbulkan efek utama kesehatan psikososial di masa yang akan datang.

Tujuan: Untuk melihat hubungan antara imej tubuh dan obesitas, obesitas dan perasaan stres serta imej tubuh dan perasaan stres pada mahasiswa.

Metode: Desain penelitian ini adalah *cross sectional* dengan jumlah subyek 150 orang (75 laki-laki dan 75 perempuan) dengan metode *quota sampling* di Universitas Gadjah Mada dan Universitas Teknologi Yogyakarta. Variabel perasaan stres diukur menggunakan *perceived stress scale* 10 item (PSS-10), imej tubuh menggunakan *body shape questionnaire* 16 item (BSQ-16) dan obesitas diukur dari persen lemak tubuh. Persen lemak tubuh didapat dari rumus perhitungan berdasarkan tebal lipatan kulit *triceps*, *abdominal* dan *crista iliaca*. Pengukuran antropometri dalam penelitian ini mengikuti standar dari ISAK (2006). Analisis statistik untuk menguji hipotesis adalah uji *chi square*.

Hasil: Hasil uji χ^2 imej tubuh dan obesitas adalah 9,76 ($p < 0,05$) dan OR sebesar 5,80. Sedangkan, hasil uji χ^2 imej tubuh dan obesitas terhadap perasaan stres berturut-turut sebesar 0,87 dengan $p = 0,35$ dan 2,17 dengan $p = 0,14$. Sehingga, tidak ada hubungan imej tubuh dan obesitas terhadap perasaan stres ($p > 0,05$).

Kesimpulan: Terdapat hubungan signifikan antara imej tubuh dan obesitas pada mahasiswa. Namun, tidak ada hubungan signifikan imej tubuh dan obesitas terhadap perasaan stres pada mahasiswa.

Kata kunci: perasaan stres, imej tubuh, obesitas, persen lemak tubuh, mahasiswa

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