

ABSTRAK

Latar Belakang: Remaja identik dengan masa transisi dan pubertas. Mulai terjadi perubahan fisik, psikologis, dan mulai ada perhatian lebih terhadap citra tubuh khususnya perempuan. Perbedaan antara harapan dan bentuk tubuh menimbulkan seseorang mengalami ketidakpuasan citra tubuh. Ketidakpuasan ini menyebabkan seseorang berupaya untuk melakukan diet dan praktek makan yang salah, sehingga akan berpengaruh terhadap status gizi.

Tujuan: Mengetahui apakah ada hubungan ketidakpuasan citra tubuh dan perilaku makan dengan status gizi santri

Metode: Jenis penelitian *cross sectional*, dilakukan pada 106 remaja putri pondok pesantren Mubtadi-aat Lirboyo, Kediri, yang berusia 15-17 tahun. Pengambilan sample dilakukan secara *simple random sampling*. Penilaian terhadap citra tubuh dan gangguan perilaku makan menggunakan kuesioner BSQ-34 dan EAT-26. Analisis statistik menggunakan uji t-test dan chi-square. Dilakukan wawancara mendalam pada responden terpilih untuk mendukung hasil secara kuantitatif.

Hasil: Terdapat 19 orang (17,92%) yang mengalami ketidakpuasan citra tubuh, dan 13 diantaranya mengalami gangguan perilaku makan. Tidak terdapat hubungan antara usia dengan citra tubuh ($p>0,05$) dan pengetahuan gizi dasar dengan gangguan perilaku makan ($p>0,05$). Hasil uji-t menunjukkan terdapat hubungan antara citra tubuh dan *peers group* ($p=0,009$).

Kesimpulan: Terdapat hubungan antara ketidakpuasan citra tubuh dan gangguan perilaku makan ($p=0,000$), gangguan perilaku makan dengan status gizi ($p=0,026$), dan citra tubuh dan status gizi ($p=0,003$).

Kata Kunci: citra tubuh, perilaku makan, status gizi

ABSTRACT

Background: Adolescent is identical with a phase of puberty and transition. They start changing physically, psychologically, and pay more attention to body image especially in woman. The differences between expectations and reality of body image may cause someone to have a body image dissatisfaction (BID), which caused them trying to make a wrong diet practice, that in the end it would affect their nutritional status.

Objective: To determine the correlation of body image dissatisfaction and eating behavior disorder with nutritional status.

Methods: a cross-sectional study was conducted among adolescent (15-17 years old) in Islamic boarding house Hidayatul Muftadi aat Lirboyo, Kediri, who were selected by simple random sampling. Assessment of body image and eating behavior disorders using a questionnaire BSQ-34 and EAT-26. Statistical analysis using univariate and bivariate analysis (t-test and chi-square).

Results: There are 19 people (17.92 %) who are involving to the body image dissatisfaction. In addition there are 13 of them having eating behavior disorder. There are no correlation between age and body image ($p>0.05$), base knowledge of nutrition and eating behavior disorders ($p>0.05$). T-test results showed a correlation between body image and peers group ($p=0.009$)

Conclusion: There is a correlation between body image dissatisfaction and eating behavior disorders ($p=0.000$), disorders of eating behavior and nutritional status ($p=0.026$), and body image and nutritional status ($p=0.003$).

Keywords: Body image, eating behavior, nutritional status