

INTISARI

HUBUNGAN ANTARA FAKTOR INDIVIDU DAN LINGKUNGAN DENGAN CITRA TUBUH PADA SANTRIWATI MADRASAH ALIYAH ISLAMIC CENTRE BIN BAZ BANTUL

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Latar belakang: Persepsi dan penilaian tentang tubuh disebut citra tubuh. Citra tubuh negatif berpotensi mengakibatkan penyimpangan diet dan perilaku makan. Hal ini dapat membahayakan tumbuh kembang remaja sebagai SDM penerus bangsa. Pondok pesantren merupakan lingkungan yang memiliki karakteristik homogen dan terdapat keterbatasan akses terhadap alat komunikasi serta media informasi. Pada populasi ini, masalah citra tubuh belum banyak diteliti, oleh karena itu penelitian mengenai faktor-faktor yang berhubungan dengan citra tubuh perlu untuk diketahui.

Tujuan: Untuk mengetahui hubungan antara faktor individu dan lingkungan dengan citra tubuh santriwati madrasah aliyah Islamic Centre Bin Baz (ICBB) Bantul.

Metode: Desain penelitian ini adalah *cross sectional* dengan jumlah subyek 142 santriwati dengan usia 15-19 tahun. Variabel faktor individu yang meliputi status gizi, pengetahuan gizi, dan rasa percaya diri diketahui dengan pengukuran antropometri IMT/U yang diinterpretasikan berdasarkan pedoman Kemenkes 2010, kuesioner pengetahuan gizi dengan tipe *Multiple Choice Question (MCQ)*, dan *Rosenberg Self-Esteem Scale (RSE)*. Variabel lingkungan yang diteliti yaitu budaya, sosial ekonomi keluarga, dan dukungan sosial. Variabel tersebut diketahui dari daftar centang suku bangsa ayah dan ibu, kuesioner sosial ekonomi, dan *Social Support Questionnaire Number (SSQN)* untuk mengetahui aspek banyaknya dukungan serta *Social Support Questionnaire Satisfaction (SSQS)* untuk mengetahui aspek kepuasan dukungan. Analisis statistik untuk menguji hipotesis adalah uji *chi square* dan regresi logistik.

Hasil: Variabel faktor individu yang berhubungan dengan citra tubuh yaitu status gizi ($p < 0,05$; $RP=1,3$; $95\%CI=2,68-2,83$) dan rasa percaya diri ($p < 0,05$; $OR=21,3$; $95\%CI=3,97-114,3$). Variabel faktor lingkungan yang berhubungan dengan citra tubuh adalah sosial ekonomi ($p < 0,05$) dan dukungan sosial aspek kepuasan dukungan ($p < 0,05$; $95\%CI=0,02-0,95$).

Kesimpulan: Terdapat hubungan bermakna antara faktor individu berupa status gizi dan rasa percaya diri dengan citra tubuh, serta antara faktor lingkungan berupa sosial ekonomi dan dukungan sosial pada aspek kepuasan dukungan dengan citra tubuh pada santriwati ICBB.

Kata Kunci: citra tubuh, faktor individu, faktor lingkungan, remaja putri, pondok pesantren.

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ABSTRACT

THE RELATION BETWEEN INDIVIDUAL FACTORS AND ENVIRONMENTAL FACTORS WITH BODY IMAGE IN FEMALE STUDENT AT MADRASAH ALIYAH ISLAMIC CENTRE BIN BAZ BANTUL

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Background: Perception and judgment about body is called body image. Negative body image lead to fad diet and eating disorder potentially. It threatens to growth and development of future generation. Boarding schools community has homogeneous environmental and limited access to media. This population has limited researches about body image, therefore this research is very needed.

Objective: To explore the relationships between individual factors and environmental factors with body image in female students at Islamic Centre Bin Baz Bantul High School.

Methods: The study design was cross sectional in 142 female students 15-19 years old. Individual factors variable observed in this study included nutritional status, nutritional knowledge, and self-esteem which were measured by using BMI/age that interpreted using manual from Kemenkes 2010, multiple choice questionnaire, and Rosenberg Self-Esteem Scale (RSE), respectively. Environmental factors variable observed in this study included culture, social economic status, and social support which were measured by using check lists of parent's ethnics, social economic status questionnaire, and Social Support Questionnaire Number (SSQN) also Social Support Questionnaire Satisfaction (SSQS), respectively. All of variables were tested using chi square test and logistic regression.

Result: Individual factors that had significant correlations on body image were nutritional status ($p < 0.05$; $RP = 1.3$; $95\%CI = 2.68-2.83$) and self-esteem ($p < 0.05$; $OR = 21,3$; $95\%CI = 3,97-114,3$). Environmental factors that had significant correlations on body image were social economic status ($p < 0.05$) and social support satisfaction ($p < 0.05$; $95\%CI = 0.02-0.95$).

Conclusion: Individual factors which had significant correlation with body image at female students in ICBB were nutritional status and self-esteem. Also environmental factors which had significant correlation with body at female students in ICBB image were social economic status and social support satisfaction.

Key words: body image, individual factor, environment factor, female adolescence, boarding school.

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