



UNIVERSITAS ANDALAS

**HUBUNGAN *BODY IMAGE*, STRES DAN POLA MAKAN
TERHADAP STATUS GIZI PADA MAHASISWA
KEPERAWATAN CURUP POLTEKKES
KEMENKES BENGKULU**

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FAKULTAS KESEHATAN MASYARAKAT

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xii + 94, 20 tabel, 3 gambar, 13 lampiran

ABSTRAK

Tujuan

Status gizi menjadi salah satu tanda bahwa terwujudnya masyarakat Indonesia dengan sumber daya yang berkualitas serta berdaya saing. Namun masalah gizi juga masih banyak ditemukan hingga saat ini. Obesitas pada orang dewasa menjadi salah satu masalah utama pada bidang gizi. Selain itu kurus dan berat badan lebih juga mengalami peningkatan jika dibandingkan dengan hasil laporan tahun sebelumnya. Penelitian ini bertujuan untuk mengetahui hubungan *body image*, stres dan pola makan terhadap status gizi pada mahasiswa Keperawatan Curup di Poltekkes Kemenkes Bengkulu.

Metode

Penelitian ini menggunakan desain *cross sectional*. Teknik pengambilan sampel berupa *propotional random sampling*. Jumlah sampel sebanyak 96 orang. Pengukuran *body image* menggunakan BSQ (*Body Shape Questionnaire*), stres dengan PSS (*Percieved Stress Scale*), pola makan dengan SQ-FFQ dan status gizi dengan pengukuran antropometri. Analisis menggunakan uji statistik *Chi-Square* dan *fisher's exact test*

Hasil

Berdasarkan hasil penelitian didapatkan dari 96 responden terdapat memiliki *body image* positif(80,2%), merasa stres (54,2%), pola makan tidak baik (85,4%), dan status gizi normal (67,7%). Ada hubungan bermakna *body image* ($p=0,017$) dan stres dengan status gizi ($p=0,012$), dan tidak ada hubungan bermakna antara pola makan dengan status gizi ($p=1.000$).

Kesimpulan

Terdapat hubungan antara *body image* dan stres dengan status gizi, tidak terdapat hubungan antara pola makan dan status gizi. Diharapkan responden untuk bisa memahami cara manajemen stres dengan baik dan tepat, serta memperhatikan pola makan sesuai dengan pedoman umum gizi seimbang.

Daftar Pustaka : 92 (1988-2022)

Kata Kunci : Body image, pola makan, status gizi, stres

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THE RELATIONSHIP BETWEEN BODY IMAGE, STRESS, AND EATING PATTERNS ON NUTRITIONAL STATUS AMONG NURSING STUDENTS IN CURUP, POLTEKKES KEMENKES BENGKULU

xii + 94 pages, 20 tables, 3 figures, 13 appendices

ABSTRACT

Objective

Nutritional status is one of the signs that the Indonesian society has achieved quality and competitiveness with its resources. However, nutritional problems are still prevalent to this day. Obesity among adults is one of the main issues in the field of nutrition. Moreover, underweight and overweight also show an increase compared to the previous year's reports. This study aims to determine the relationship between body image, stress, and eating patterns on the nutritional status of nursing students in Curup, Poltekkes Kemenkes Bengkulu.

Method

This study used a cross-sectional design. The sampling technique employed proportional random sampling, with a total sample size of 96 individuals. Body image was measured using the Body Shape Questionnaire (BSQ), stress was assessed using the Perceived Stress Scale (PSS), eating patterns were evaluated using the Semy Quantitative-FFQ (SQ-FFQ), and nutritional status was determined through anthropometric measurements. The data were analyzed using the Chi-Square statistical test and fisher's exact test

Results

Based on the research findings from the 96 respondents, it was discovered that 80.2% had a positive body image, 54.2% experienced stress, 85.4% had poor eating patterns, and 67.7% had normal nutritional status. There was a significant relationship between body image ($p=0,017$) and stress with nutritional status ($p=0,012$), while no significant relationship was found between eating patterns and nutritional status ($p=1.000$).

Conclusion

There is a relationship between body image and stress with nutritional status, while no relationship exists between eating patterns and nutritional status. It is hoped that the respondents will understand how to manage stress effectively and appropriately, as well as pay attention to their eating patterns according to general guidelines for balanced nutrition.

References : 92 (1988-2022)

Keyword : Body image, eating patterns, nutritional status, stress