



**UNIVERSITAS ANDALAS**

**HUBUNGAN *BODY IMAGE*, POLA KONSUMSI MAKANAN,  
DAN KUALITAS DIET TERHADAP STATUS GIZI  
REMAJA PUTRI DI SMAN 10 PADANG TAHUN 2023**

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KUALITAS DIET TERHADAP STATUS GIZI REMAJA PUTRI DI SMAN 10  
PADANG TAHUN 2023**

**xiii + 112 halaman, 30 tabel, 3 gambar, 11 lampiran**

**ABSTRAK**

**Tujuan**

Remaja merupakan masa peralihan dari masa anak-anak menuju dewasa yang termasuk ke dalam kelompok rentan mengalami masalah gizi, terutama status gizi kurang maupun lebih. Faktor yang dapat mempengaruhi status gizi pada remaja adalah *body image*, pola konsumsi makanan, dan kualitas diet. Penelitian ini bertujuan untuk mengetahui hubungan *body image*, pola konsumsi makanan, dan kualitas diet terhadap status gizi remaja putri di SMAN 10 Padang.

**Metode**

Penelitian ini menggunakan desain *cross-sectional* dan teknik pengambilan sampel dengan metode *proportional random sampling*. Sampel penelitian ini adalah remaja putri kelas X dan XI di SMAN 10 Padang yang berusia 16-18 tahun dengan jumlah 118 orang. Data penelitian dikumpulkan dengan cara pengukuran antropometri, wawancara, dan pengisian kuesioner. Data dianalisis secara univariat dan bivariat. Penelitian ini menggunakan uji statistik *chi-square* dan *fisher's exact test*.

**Hasil**

Hasil penelitian menunjukkan 76,3% responden memiliki *body image* negatif, 82,2% responden memiliki pola konsumsi makanan kurang, 86,4% responden memiliki kualitas diet tidak baik, dan 78,8% responden memiliki status gizi normal. Terdapat hubungan yang signifikan antara *body image* ( $p\text{-value}=0,037$ ) dengan status gizi remaja putri. Tidak terdapat hubungan yang signifikan antara pola konsumsi makanan ( $p\text{-value}=0,238$ ) dan kualitas diet ( $p\text{-value}=0,517$ ) dengan status gizi remaja putri.

**Kesimpulan**

*Body image* memiliki hubungan yang signifikan terhadap status gizi remaja putri. Pola konsumsi makanan dan kualitas diet tidak memiliki hubungan yang signifikan terhadap status gizi remaja putri.

**Daftar Pustaka** : 105 (2002-2023)

**Kata Kunci** : *body image*, kualitas diet, pola konsumsi makanan, status gizi

**FACULTY OF PUBLIC HEALTH  
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**THE CORRELATION BETWEEN BODY IMAGE, FOOD CONSUMPTION PATTERNS, AS WELL AS DIET QUALITY AND THE NUTRITIONAL STATUS OF ADOLESCENT GIRLS AT SMAN 10 PADANG IN 2023**

**xiii + 112 pages, 30 tables, 3 pictures, 11 attachments**

**ABSTRACT**

**Objective**

Adolescence is a transition period from childhood to adulthood that includes in the vulnerable group experiencing nutritional problems, especially under or over-nutritional status. Factors that can influence nutritional status in adolescents are body image, food consumption patterns, and diet quality. This study aimed to determine the relationship between body image, food consumption patterns, and diet quality on the nutritional status of adolescent girls at SMAN 10 Padang.

**Method**

This research used a cross-sectional design and a sampling technique using the proportional random sampling method. The sample for this research was teenage girls in classes X and XI at SMAN 10 Padang, aged 16-18 years, for a total of 118 people. Research data was collected by means of anthropometric measurements, interviews, and filling out questionnaires. Data were analyzed used the chi-square statistical test and the fisher's exact test to determined the correlation between body image, food consumption patterns, as well as diet quality and the nutritional status of adolescent girls.

**Result**

The research results showed that 76,3% of respondents had negative body image, 82,2% of respondents had poor food consumption patterns, 86,4% of respondents had poor diet quality, and 78,8% of respondents had normal nutritional status. There was a significant relationship between body image ( $p$ -value=0,037) on the nutritional status of adolescent girls. There was not significant relationship between food consumption patterns ( $p$ -value=0,238) and diet quality ( $p$ -value=0,517) on the nutritional status of adolescent girls.

**Conclusion**

Body image had a significant relationship to the nutritional status of adolescent girls. There was no relationship between food consumption patterns and diet quality on the nutritional status of adolescent girls.

**Bibliography** : 105 (2002-2023)

**Keywords** : body image, diet quality, food consumption patterns, nutritional status