



UNIVERSITAS ANDALAS

**PERBANDINGAN PERSEPSI *BODY IMAGE*, KECENDERUNGAN
EATING DISORDERS DAN PAPARAN MEDIA SOSIAL TERHADAP
STATUS GIZI PADA REMAJA PUTRI DI SMKN 6 PADANG DAN
SMAN 9 PADANG TAHUN 2025**

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**FAKULTAS KESEHATAN MASYARAKAT
UNIVERSITAS ANDALAS
PADANG, 2025**

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Skripsi, Juni 2025

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xii + 112 halaman + 19 tabel + 4 gambar + 11 lampiran

ABSTRAK

Tujuan

Masa remaja adalah periode transisi penting yang ditandai perubahan fisik, kognitif, dan psikososial pesat. Perubahan saat pubertas membuat remaja lebih sensitif terhadap penampilan dan membandingkan diri, terutama melalui media sosial. Persepsi terhadap *body image* dan kecenderungan *eating disorders* menjadi isu penting di kalangan remaja putri. Penelitian ini bertujuan untuk menganalisis perbandingan persepsi *body image*, kecenderungan *eating disorder* dan paparan media sosial terhadap status gizi pada remaja putri di SMKN 6 Padang dan SMAN 9 Padang.

Metode

Penelitian ini menggunakan desain *cross-sectional* dengan melibatkan sampel sebanyak 169 remaja putri berusia 15–18 tahun dari kelas X dan XI di SMKN 6 Padang dan SMAN 9 Padang. Sampel dipilih menggunakan teknik *purposive sampling* dan *simple random sampling*. Pengumpulan data dilakukan melalui pengukuran antropometri dan pengisian kuesioner. Analisis data dilakukan secara univariat dan bivariat, dengan menggunakan uji statistik *Chi-Square*, *Independent Sample T-Test*, dan uji *Mann Whitney*.

Hasil

Hasil penelitian menunjukkan ada hubungan signifikan antara persepsi *body image* dengan status gizi remaja putri ($p=0,0001$). Tidak ditemukan hubungan antara kecenderungan *eating disorder* dan paparan media sosial dengan status gizi remaja putri ($p>0,05$). Terdapat perbedaan signifikan antara persepsi *body image* di SMKN 6 Padang dan SMAN 9 Padang ($p=0,028$). Tidak terdapat perbedaan antara status gizi, kecenderungan *eating disorder*, dan paparan media sosial di SMKN 6 Padang dan SMAN 9 Padang ($p>0,05$).

Kesimpulan

Persepsi *body image* memiliki hubungan signifikan dengan status gizi remaja putri. Kecenderungan *eating disorder* dan paparan media sosial tidak memiliki hubungan signifikan dengan status gizi remaja putri. Terdapat perbedaan signifikan antara persepsi *body image* di SMKN 6 Padang dan SMAN 9 Padang. Tidak ada perbedaan signifikan antara status gizi, kecenderungan *eating disorder*, dan paparan media sosial di SMKN 6 Padang dan SMAN 9 Padang.

Daftar Pustaka : 148 (1995-2025)

Kata Kunci : *body image*, *eating disorder*, media sosial, status gizi

**FACULTY OF PUBLIC HEALTH
ANDALAS UNIVERSITY**

**Undergraduate Thesis, June 2025
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**COMPARISON OF BODY IMAGE PERCEPTION, EATING DISORDERS
TENDENCIES, AND SOCIAL MEDIA EXPOSURE ON NUTRITIONAL
STATUS AMONG FEMALE ADOLESCENTS AT SMKN 6 PADANG AND
SMAN 9 PADANG IN 2025**

xii + 112 pages + 19 tables + 4 pictures + 11 attachments

ABSTRACT

Objective

Adolescence is an important transitional period marked by rapid physical, cognitive, and psychosocial changes. During puberty, adolescent girls become more sensitive to their appearance and tend to compare themselves, especially through social media. Body image perception and eating disorders tendencies are significant issues among adolescent girls. This study aims to analyze the comparison of body image perception, eating disorders tendencies, and social media exposure in relation to nutritional status among female adolescents at SMKN 6 Padang and SMAN 9 Padang.

Method

This study used a cross-sectional design involving a sample of 169 female adolescents aged 15–18 years from grades X and XI at SMKN 6 Padang and SMAN 9 Padang. The sample were selected using purposive sampling and simple random sampling. Data collection was conducted through anthropometric measurements and filling out questionnaires. Data analysis was performed using univariate and bivariate methods, employing Chi-Square tests, Independent Sample T-Tests, and Mann-Whitney tests.

Result

The results showed a significant relationship between body image perception and nutritional status of female adolescents ($p = 0.0001$). No significant relationship were found between eating disorders tendencies and social media exposure with nutritional status of female adolescents ($p > 0.05$). There was a significant difference in body image perception between students of SMKN 6 Padang and SMAN 9 Padang ($p = 0.028$). No significant differences were observed in nutritional status, eating disorders tendencies, and social media exposure among students from SMKN 6 Padang and SMAN 9 Padang ($p > 0.05$).

Conclusion

Body image perception had a significant relationship with the nutritional status of female adolescents. Eating disorders tendencies and social media exposure didn't have a significant relationship with nutritional status. There is a significant difference in body image perception between students of SMKN 6 Padang and SMAN 9 Padang. However, no significant differences were found in nutritional status, eating disorders tendencies, and social media exposure between SMKN 6 Padang and SMAN 9 Padang.

Bibliography : 148 (1995-2025)

Keywords : body image, eating disorder, social media, nutritional status