



**HUBUNGAN PERILAKU MAKAN, TEMAN SEBAYA, DAN PAPARAN  
MEDIA SOSIAL DENGAN *BODY IMAGE* PADA REMAJA PUTRI  
DI SMAN 1 KOTA PADANG TAHUN 2025**

**Oleh:**

**AINI SALMA QALBI**

**NIM. 2111223001**

**PEMBIMBING 1 : Dr. Frima Elda, S.K.M., M.K.M,**

**PEMBIMBING 2 : Firdaus, S.P, M.Si**

**FAKULTAS KESEHATAN MASYARAKAT**

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**FAKULTAS KESEHATAN MASYARAKAT**

**UNIVERSITAS ANDALAS**

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**Aini Salma Qalbi, NIM. 2111223001**

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x + 94 halaman + 22 tabel + 3 gambar + 8 lampiran

**ABSTRAK**

**Tujuan**

Penelitian ini bertujuan untuk mengetahui hubungan antara perilaku makan, teman sebaya, dan paparan media sosial dengan *body image* pada remaja putri di SMAN 1 Kota Padang Tahun 2025.

**Metode**

Penelitian ini menggunakan desain *cross-sectional*. Populasi penelitian ini adalah remaja putri kelas X, XI, dan XII di SMAN 1 Kota Padang tahun ajaran 2025/2026. Jumlah sampel yaitu 185 siswi. Teknik pengambilan sampel adalah *snowball sampling*. Data dikumpulkan dengan cara pengisian angket perilaku makan, teman sebaya, paparan media sosial dan *body image*. Data dianalisis secara univariat dan bivariat dengan menggunakan uji *chi-square*.

**Hasil**

Hasil penelitian menunjukkan 53,5% responden memiliki perilaku makan baik, 51,4% responden tidak memiliki pengaruh teman sebaya, 66,5% responden termasuk kategori paparan media sosial sedang, dan 71,4% responden memiliki *body image* negatif. Terdapat hubungan yang signifikan antara perilaku makan ( $p\text{-value}=0,001$ ), teman sebaya ( $p\text{-value}=0,001$ ), dan paparan media sosial ( $p\text{-value}=0,001$ ) dengan *body image* pada remaja putri di SMAN 1 Kota Padang Tahun 2025.

**Kesimpulan**

Perilaku makan, teman sebaya, dan paparan media sosial memiliki hubungan yang signifikan dengan *body image*.

**Daftar Pustaka** : 154 (1954-2025)

**Kata Kunci** : *body image*, media sosial, perilaku makan, remaja putri, teman sebaya.

**FACULTY OF PUBLIC HEALTH**

**ANDALAS UNIVERSITY**

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**Aini Salma Qalbi, NIM. 2111223001**

**THE RELATIONSHIP BETWEEN EATING BEHAVIOR, PEER INFLUENCE,  
AND SOCIAL MEDIA EXPOSURE WITH BODY IMAGE AMONG FEMALE  
ADOLESCENTS AT SMAN 1 PADANG IN 2025**

x + 94 pages + 22 tables + 3 figures + 8 appendices

**ABSTRACT**

**Objective**

This study aims to determine the relationship between eating behavior, peer influence, and social media exposure with body image among female adolescents at SMAN 1 Padang in 2025.

**Method**

This study employed a cross-sectional design. The population consisted of female adolescents in grades X, XI, and XII at SMAN 1 Padang during the 2025/2026 academic year. A total of 185 respondents were selected using snowball sampling. Data were collected using questionnaires on eating behavior, peer influence, social media exposure, and body image. Data were analyzed using univariate and bivariate analyses with the Chi-square test.

**Results**

The results showed that 53.5% of respondents had good eating behavior, 51.4% were not influenced by peers, 66.5% had a moderate level of social media exposure, and 71.4% had a negative body image. There was a significant relationship between eating behavior (p-value = 0.001), peer influence (p-value = 0.001), and social media exposure (p-value = 0.001) with body image among female adolescents at SMAN 1 Padang in 2025.

**Conclusion**

Eating behavior, peer influence, and social media exposure are significantly associated with body image among female adolescents.

**References** : 154 (1954-2025)

**Keywords** : body image, eating behavior, female adolescents, peers, social media.