

HUBUNGAN *BODY IMAGE* DAN PERILAKU MAKAN
DENGAN STATUS GIZI PADA REMAJA PUTRI
DI SMK NEGERI 7 YOGYAKARTA

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ABSTRAK

Latar belakang: Remaja putri merupakan kelompok usia yang rentan mengalami masalah gizi, akibat perubahan fisiologis dan psikologis selama masa pertumbuhan. Faktor *body image* dan perilaku makan menjadi dua aspek penting yang dapat memengaruhi status gizi. Hasil penelitian menunjukkan *body image* berhubungan dengan status gizi, sedangkan perilaku makan tidak berhubungan dengan status gizi, karena perilaku makan memerlukan jangka waktu yang panjang untuk memberikan dampak nyata terhadap status gizi.

Tujuan penelitian: Untuk mengetahui hubungan *body image* dan perilaku makan dengan status gizi pada remaja putri di SMK Negeri 7 Yogyakarta.

Metode penelitian: Penelitian observasional analitik dengan desain *cross sectional*. Sampel penelitian sejumlah 266 remaja putri diambil dengan *proportional random sampling*. Penelitian dilakukan pada 28-30 April 2025 di SMK Negeri 7 Yogyakarta. Data dikumpulkan menggunakan kuesioner BSQ-16 dan AFHC serta dianalisis dengan uji *chi-square*.

Hasil penelitian: Sebagian besar remaja putri (53%) berusia 17 tahun, (64,7%) pendidikan ayah menengah, (68,4%) pendidikan ibu menengah, (58,3%) pekerjaan ayah tetap dan (61,3%) ibu tidak bekerja. Sebagian besar (63,2%) remaja putri memiliki *body image* positif, (55,3%) memiliki perilaku makan baik dan hampir separuh (35,3%) memiliki status gizi normal. Ada hubungan yang signifikan antara *body image* dengan status gizi dengan nilai $p=0,000$. Tidak terdapat hubungan antara *body image* dengan perilaku makan dengan nilai $p=0,489$ dan tidak terdapat hubungan yang signifikan antara perilaku makan dengan status gizi remaja putri dengan nilai $p=0,446$.

Kesimpulan: Terdapat hubungan yang bermakna antara *body image* dengan status gizi pada remaja putri.

Kata kunci: *Body Image*, Perilaku Makan, Gizi

**THE RELATIONSHIP BETWEEN BODY IMAGE AND EATING BEHAVIOR
WITH NUTRITIONAL STATUS AMONG FEMALE ADOLESCENTS
AT SMK NEGERI 7 YOGYAKARTA**

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ABSTRACT

Background: Adolescent girls are considered a vulnerable age group affected by nutritional problems due to physiological and psychological changes during growth. Body image and eating behavior are identified as two key factors that influence nutritional status. Based on the findings, body image was found to be associated with nutritional status, while eating behavior was not, possibly because its impact requires a longer period to be reflected in measure nutritional outcomes.

Research Objective: To determine the relationship between body image and eating behavior with the nutritional status of adolescent girl at SMK Negeri 7 Yogyakarta.

Research method: This study was an analytical observational research with a cross-sectional design. A total sample of 266 adolescent girls was selected used proportional random sampling. The study was conducted on April 28-30, 2025 at SMK Negeri 7 Yogyakarta. Data were collected using the BSQ-16 and AFHC questionnaires and analyzed used chi-square.

Research result: The majority of adolescent girls (53%) were 17 years old, (64,7%) had fathers with a secondary education, (68,4%) had mothers with a secondary education, (58,3%) had fathers with permanent jobs, and (61,3%) had unemployed mothers. Most of the adolescent girls (63,2%) had a positive body image, (55,3%) had good eating behavior, and nearly half (35,3%) had normal nutritional status. There was a significant relationship between body image and nutritional status ($p=0,000$). However, there was no relationship between body image and eating behavior ($p=0,489$), nor was there a significant relationship between eating behavior and nutritional status ($p=0,446$).

Conclusion: There is a relationship between body image and nutritional status among adolescent girls.

Key words: Body Image, Eating Behavior, Nutritional