

*"THE RELATIONSHIP BETWEEN BODY IMAGE AND DIETARY BEHAVIOR
AND THE INCIDENCE OF ANEMIA AMONG TENTH-GRADE FEMALE
ADOLESCENTS AT STATE VOCATIONAL SCHOOL 1 NANGGULAN, KULON
PROGO REGENCY, IN 2026"*

Rahma Karina Arta¹, Dyah Noviawati Setya Arum², Yuliasti Eka Purnamaningrum³

¹²³ Midwifery Department of Politeknik Kesehatan

Kementerian Kesehatan Yogyakarta

Jl. Mangkuyudan MJ III/304, Mantrijeron, Yogyakarta City

Email: karinalinggau2018@gmail.com

ABSTRACT

Background: Anemia remains a major public health concern among adolescent girls in Indonesia, with a prevalence of 32.0%. This condition can adversely affect physical growth, cognitive function, productivity, and reproductive health. Body image and dieting behavior are considered factors that may contribute to anemia through their influence on eating patterns and nutrient intake.

Objective: To determine the relationship between body image and dieting behavior with anemia among tenth-grade female students at SMK Negeri 1 Nanggulan, Kulon Progo Regency, in 2026.

Methods: This quantitative analytic observational study used a cross-sectional design. The variables studied included body image, dieting behavior, body mass index (BMI), menstrual pattern, compliance with iron supplementation tablets, and anemia status. A total of 93 respondents were selected using purposive sampling. Data were collected using the Body Shape Questionnaire (BSQ), Eating Attitudes Test (EAT-26), questionnaires, anthropometric measurements, and hemoglobin examination using the Easy Touch GCHb device. Data were analyzed using Chi-Square, Fisher's Exact Test, and logistic regression.

Results: Most respondents had a positive body image (64.5%), healthy dieting behavior (81.7%), normal nutritional status based on Body Mass Index (BMI) (49.5%), poor compliance with iron supplementation tablets (74.2%), normal menstrual patterns (94.6%), and were not anemic (58.1%). Anemia was found in 41.9% of respondents. Significant associations were found between body image ($p=0.007$), dieting behavior ($p=0.035$), compliance with iron supplementation tablets ($p=0.001$), and anemia. BMI ($p=0.903$) and menstrual pattern ($p=0.307$) were not significantly associated with anemia. Multivariate analysis showed that body image ($p=0.019$; OR=0.279; 95% CI=0.096–0.812) and compliance with iron supplementation tablets ($p=0.001$; OR=0.096; 95% CI=0.023–0.396) remained significantly associated with anemia.

Conclusion: Body image and compliance with iron supplementation tablets were significantly associated with anemia among adolescent girls. Compliance with iron supplementation tablets was the most dominant factor associated with anemia.

Keywords: anemia, body image, dieting behavior, adolescent girls, iron supplementation tablets.

“HUBUNGAN *BODY IMAGE* DAN PERILAKU DIET DENGAN KEJADIAN
ANEMIA PADA REMAJA PUTRI KELAS X DI SMK NEGERI 1 NANGGULAN
KABUPATEN KULON PROGO TAHUN 2026”

Rahma Karina Arta¹, Dyah Noviawati Setya Arum², Yuliasti Eka Purnamaningrum³
¹²³ Jurusan Kebidanan Politeknik Kesehatan Kementerian Kesehatan Yogyakarta
Jl. Mangkuyudan MJ III/304, Mantrijeron, Kota Yogyakarta
Email: karinalinggau2018@gmail.com

ABSTRAK

Latar Belakang: Anemia merupakan salah satu masalah kesehatan masyarakat yang masih banyak ditemukan pada remaja putri. Di Indonesia, prevalensi anemia pada remaja mencapai 32,0%. Kondisi ini dapat berdampak pada pertumbuhan, kemampuan kognitif, produktivitas, dan kesehatan reproduksi. Faktor psikologis seperti *body image* dan perilaku diet diduga berkontribusi terhadap kejadian anemia melalui perubahan pola konsumsi dan asupan zat gizi.

Tujuan: Mengetahui hubungan *body image* dan perilaku diet dengan kejadian anemia pada remaja putri kelas X di SMK Negeri 1 Nanggulan Kabupaten Kulon Progo Tahun 2026.

Metode: Penelitian kuantitatif observasional analitik dengan pendekatan *cross-sectional* ini melibatkan 93 remaja putri kelas X yang dipilih menggunakan teknik *purposive sampling*. Variabel yang diteliti meliputi *body image*, perilaku diet, indeks massa tubuh (IMT), pola menstruasi, kepatuhan konsumsi tablet tambah darah (TTD), dan kejadian anemia. Data dikumpulkan menggunakan *Body Shape Questionnaire* (BSQ), *Eating Attitudes Test* (EAT-26), kuesioner, pengukuran antropometri, dan pemeriksaan hemoglobin menggunakan *Easy Touch GCHb*. Analisis dilakukan dengan uji *Chi-Square*, *Fisher's Exact Test*, dan regresi logistik.

Hasil: Sebagian besar responden memiliki *body image* positif (64,5%), perilaku diet baik (81,7%), status gizi berdasarkan IMT normal (49,5%), tidak patuh mengonsumsi TTD (74,2%), pola menstruasi normal (94,6%), dan tidak mengalami anemia (58,1%). Sebanyak 41,9% responden mengalami anemia. Terdapat hubungan antara *body image* ($p=0,007$), perilaku diet ($p=0,035$), dan kepatuhan konsumsi TTD ($p=0,001$) dengan kejadian anemia. Pola menstruasi ($p=0,307$) dan IMT ($p=0,903$) tidak berhubungan dengan kejadian anemia. Analisis multivariat menunjukkan bahwa *body image* ($p=0,019$; OR=0,279; 95%CI=0,096–0,812) dan kepatuhan konsumsi TTD ($p=0,001$; OR=0,096; 95%CI=0,023–0,396) tetap berhubungan signifikan dengan kejadian anemia.

Kesimpulan: *Body image* dan kepatuhan konsumsi TTD berhubungan dengan kejadian anemia pada remaja putri, dengan kepatuhan konsumsi TTD sebagai faktor yang paling dominan.

Kata kunci: anemia, *body image*, perilaku diet, remaja putri, tablet tambah darah