

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI DIPLOMA III GIZI**

TUGAS AKHIR, 2021

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**GAMBARAN *BODY IMAGE*, POLA MAKAN, DAN STATUS GIZI SISWI
SMA NEGERI 12 PEKANBARU**

xiii + 64 Halaman + 9 Tabel + 2 Gambar + 8 Lampiran

ABSTRAK

Remaja merupakan masa transisi dari anak-anak menuju dewasa. Berbagai perubahan terjadi pada remaja yang akan mempengaruhi persepsi mereka terhadap bentuk tubuhnya seperti merasa tidak puas dengan tubuhnya saat ini. Hal tersebut akan membuat remaja cenderung melakukan pengaturan diet yang salah sehingga menyebabkan berbagai masalah seperti kekurangan zat gizi yang kemudian menyebabkan status gizi kurang. Status gizi dapat disebabkan oleh berbagai faktor, seperti *body image*, pola makan, dan aktivitas fisik. Adapun tujuan dalam penelitian ini adalah untuk mengetahui gambaran *body image*, pola makan, dan status gizi siswi SMA Negeri 12 Pekanbaru.

Penelitian ini merupakan penelitian dengan pendekatan deskriptif dengan desain penelitian *cross sectional*. Penarikan sampel dilakukan secara *probability sampling* dengan teknik *simple random sampling*, dan jumlah sampel sebanyak 79 sampel. Data terkait *body image* didapatkan melalui penyebaran kuesioner, data pola makan melalui *food frequency questionnaire*, dan data status gizi didapatkan melalui pengukuran berat badan dan tinggi badan. Data yang diperoleh akan dianalisa menggunakan analisa univariat.

Hasil penelitian menunjukkan bahwa sebagian besar siswi kelas XII SMA Negeri 12 Pekanbaru memiliki *body image* positif (84,4%) dan status gizi normal (72,2%). Pada variabel pola makan, siswi dengan pola makan cukup yaitu pada konsumsi makanan pokok (68,4%), lauk hewani (92,4%), dan sayuran (53,2%). Sedangkan pada tingkat konsumsi lauk nabati (74,7%) dan buah (54,5%) responden pada kategori kurang.

Daftar pustaka : 46 Referensi (2003-2020)

Kata kunci : remaja, status gizi, *body image*, dan pola makan

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POLYTECHNIC OF HEALTH, MINISTRY OF HEALTH, RIAU
DIPLOMA III NUTRITION STUDY PROGRAM**

FINAL PROJECT, 2021

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**OVERVIEW OF BODY IMAGE, FEEDING PATTERN, AND NUTRITIONAL
STATUS OF SMA NEGERI 12 PEKANBARU FEMALE STUDENTS**

xiii + 64 Pages + 9 Tables + 2 Pictures + 8 Appendices

ABSTRACT

Adolescence is a period of transition from children to adults. Various changes occur in adolescents that will affect their perception of their body shape such as feeling dissatisfied with their current body. This will make teenagers tend to make the wrong diet settings, causing various problems such as nutritional deficiencies which then lead to poor nutritional status. Nutritional status can be caused by various factors, such as body image, diet, and physical activity. The purpose of this study was to describe the body image, diet, and nutritional status of students at SMA Negeri 12 Pekanbaru.

This research is a research with a descriptive approach with a cross sectional research design. Sampling was done by probability sampling with simple random sampling technique, and the number of samples was 79 samples. Data related to body image were obtained through questionnaires, dietary data was obtained through a food frequency questionnaire, and data on nutritional status was obtained through measurements of weight and height. The data obtained will be analyzed using univariate analysis.

The results showed that most of the XII grade students of SMA Negeri 12 Pekanbaru had a positive body image (84.4%) and normal nutritional status (72.2%). In the variable of eating patterns, students with adequate eating patterns were consuming staple foods (68.4%), animal side dishes (92.4%), and vegetables (53.2%). Meanwhile, at the consumption level of vegetable side dishes (74.7%) and fruit (54.5%) respondents were in the less category.

Bibliography : 46 References (2003-2020)

Keywords : adolescence, nutritional status, body image, and diet