

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

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**GAMBARAN PERSEPSI *BODY IMAGE* DAN PERILAKU MAKAN PADA  
REMAJA DI ASMARANUR *MODELLING SCHOOL* (AMS) PEKANBARU  
PADA MASA PANDEMI COVID-19**

**(xii + 50 halaman + 2 gambar + 6 tabel + 8 lampiran)**

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**INTISARI**

Pada masa remaja terjadi perubahan fisik dan pertumbuhan cepat yang akan mempengaruhi status kesehatan dan gizi remaja. Masalah gizi pada remaja dapat disebabkan oleh persepsi *body image* yang negatif dan perilaku makan yang tidak baik. Tujuan dari penelitian ini adalah untuk menggambarkan persepsi *body image* dan perilaku makan pada remaja di Asmaranur *Modelling School* (AMS) Pekanbaru.

Penelitian ini menggunakan metode penelitian deskriptif. Populasi penelitian ini adalah sebanyak 60 orang. Sampel diambil sebanyak 18 orang remaja dengan menggunakan *purposive sampling* yang memenuhi kriteria inklusi. Data dikumpulkan menggunakan kuesioner *BSQ-34* dan kuesioner *Adolescent food habit checklist (AFHC)*. Analisa data dilakukan secara univariat.

Hasil penelitian menunjukkan bahwa sebanyak 77,7% remaja memiliki persepsi *body image* yang negatif dan 22,3% memiliki persepsi *body image* positif, sebanyak 61,1% memiliki perilaku makan baik dan 38,9% memiliki perilaku makan tidak baik. Kondisi persepsi *body image* pada remaja di Asmaranur *modelling school* Pekanbaru umumnya berada pada kategori negatif dan Perilaku makan pada remaja di Asmaranur *Modelling School* Pekanbaru umumnya berada pada kategori baik. Disarankan kepada institusi yang terkait untuk dapat bekerjasama dengan tenaga kesehatan memberikan edukasi dan promosi kesehatan terkait persepsi *body image* yang baik kepada siswa/i sehingga remaja dapat meningkat persepsi *body image* positif dengan memfokuskan pada kelebihan diri.

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**Kata kunci : Remaja, Persepsi *Body Image*, Perilaku Makan**

**MINISTRY OF HEALTH REPUBLIC OF INDONESIA  
POLYTECHNIC OF HEALTH RIAU  
NUTRITION DIPLOMA III STUDY PROGRAM**

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**SILVI PUTRI CAHAYA AZANI**

**AN OVERVIEW OF BODY IMAGE PERCEPTION AND EATING  
BEHAVIOUR AMONG ADOLESCENCE IN ASMARANUR MODELLING  
SCHOOL (AMS) PEKANBARU DURING COVID-19 PANDEMIC**

**(xii + 50 pages + 2 pictures + 6 tables + 8 Apendices)**

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**ABSTRACT**

*During adolescence, physical changes and rapid growth occur which will affect the health and nutritional status of adolescents. Nutritional problems in adolescents can be caused by negative body image perceptions and poor eating behavior. The purpose of this study was to describe the perception of body image and eating behavior in adolescents at Asmaranur Modeling School (AMS) Pekanbaru.*

*This research uses descriptive research method. The population of this study was 60 people. Samples were taken as many as 18 teenagers using purposive sampling that met the inclusion criteria. Data were collected using the BSQ-34 questionnaire and the Adolescent food habit checklist (AFHC) questionnaire. Data analysis was carried out univariately.*

*The results showed that as many as 77.7% of adolescents had a negative body image perception and 22.3% had a positive body image perception, as many as 61.1% had good eating behavior and 38.9% had bad eating behavior. The condition of body image perception in adolescents at Asmaranur modeling school Pekanbaru is generally in the negative category and eating behavior in adolescents at Asmaranur modeling school Pekanbaru is generally in the good category. It is suggested to related institutions to be able to cooperate with health workers to provide education and health promotion related to good body image perception to students so that adolescents can increase their positive body image perception by focusing on their strengths.*

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**Keywords : Adolescent, Body Image Perception, Eating Behaviour**

