

ABSTRAK

KHANSA MUTHIA AQILAH PUTRI. *Hubungan Persepsi Body Image dengan Status Gizi Remaja SMAN 8 Pekanbaru.* Dibimbing oleh Yessi Alza, SST, M.Biomed.

Remaja merupakan kelompok usia yang rentan terhadap masalah gizi dan persepsi diri, terutama terkait citra tubuh (*body image*). Penelitian ini bertujuan untuk mengetahui hubungan antara persepsi *body image* dengan status gizi pada remaja di SMAN 8 Pekanbaru. Penelitian ini menggunakan desain studi *cross-sectional* dengan jumlah responden sebanyak 41 siswa kelas XII yang dipilih secara *simple random sampling*. Data dikumpulkan melalui kuesioner *Body Shape Questionnaire* (BSQ) untuk menilai persepsi *body image*, serta pengukuran antropometri (berat badan dan tinggi badan) untuk menentukan status gizi berdasarkan Indeks Massa Tubuh (IMT). Hasil penelitian menunjukkan bahwa mayoritas responden memiliki persepsi *body image* positif (85,4%) dan status gizi normal (29,3%), namun terdapat juga responden dengan status gizi kurang (34,1%), lebih (19,5%), dan obesitas (17,1%). Analisis bivariat menggunakan uji Chi-Square menunjukkan adanya hubungan yang signifikan antara persepsi *body image* dengan status gizi ($p = 0,041$). Dapat disimpulkan bahwa terdapat hubungan yang bermakna antara persepsi *body image* dengan status gizi remaja di SMAN 8 Pekanbaru. Diharapkan hasil penelitian ini dapat menjadi dasar dalam upaya peningkatan kesadaran remaja terhadap pentingnya persepsi diri yang sehat dan status gizi yang optimal.

Kata Kunci: *Body Image*, Status Gizi, Remaja, IMT, SMAN 8 Pekanbaru.

ABSTRACT

KHANSA MUTHIA AQILAH PUTRI. *The Relationship Between Body Image Perception and Nutritional Status Among Adolescents at SMAN 8 Pekanbaru.* Supervised by Yessi Alza, SST, M.Biomed.

Adolescents are a vulnerable age group in terms of both nutritional problems and self-perception, particularly regarding body image. This study aimed to examine the relationship between body image perception and nutritional status among adolescents at SMAN 8 Pekanbaru. A cross-sectional design was used with a total of 41 twelfth-grade students selected through simple random sampling. Data were collected using the Body Shape Questionnaire (BSQ) to assess body image perception and anthropometric measurements (weight and height) to determine nutritional status using the Body Mass Index (BMI). The results showed that the majority of respondents had a positive body image (85.4%) and normal nutritional status (29.3%). However, there were also respondents with undernutrition (34.1%), overweight (19.5%), and obesity (17.1%). Bivariate analysis using the Chi-Square test revealed a statistically significant relationship between body image perception and nutritional status ($p = 0.041$). It can be concluded that there is a significant relationship between body image perception and the nutritional status of adolescents at SMAN 8 Pekanbaru. The findings of this study are expected to serve as a basis for increasing adolescents' awareness of the importance of a healthy self-perception and optimal nutritional status.

Keywords: Body Image, Nutritional Status, Adolescents, BMI, SMAN 8 Pekanbaru.