

ABSTRAK

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HUBUNGAN ANTARA ASUPAN ENERGI PROTEIN DAN PERSEPSI *BODY IMAGE* DENGAN STATUS GIZI SISWI DI SMP NEGERI 4 SURABAYA

xvi + 100 halaman + 14 tabel + 12 lampiran

Remaja membutuhkan perhatian khusus, terutama terkait masalah gizi, karena mereka rentan terhadap kekurangan atau kelebihan nutrisi. Perubahan tubuh sering kali mempengaruhi citra tubuh, dan asupan makan. *Body image* negatif mendorong mereka untuk diet secara tidak tepat, berisiko menyebabkan masalah gizi. Banyak hal yang berkontribusi pada masalah ini. Penelitian menunjukkan bahwa *body image* memengaruhi asupan makanan dan status gizi remaja, yang sering kali berada dalam kategori *underweight*. Untuk mengetahui hubungan antara asupan energi, protein, dan persepsi *body image* terhadap status gizi siswi di SMP Negeri 4 Surabaya.

Dengan menggunakan metodologi *cross-sectional* dan penelitian observasional analitik, dilakukan di SMP Negeri 4 Kota Surabaya dengan sampel sebanyak 73 siswi. wawancara *recall* 24 jam digunakan untuk mendapatkan informasi mengenai asupan energi dan protein, formulir MSRQ-AS digunakan untuk mengumpulkan data skor persepsi citra tubuh, dan tinggi dan berat badan siswi diukur untuk menentukan status gizi IMT/U.

Asupan energi dan status gizi siswi ditemukan berhubungan (p -value 0,000 < 0,05), dan asupan protein juga berhubungan dengan status gizi siswi (p -value 0,000 < 0,05). Dengan nilai p -value 0,001 < 0,05, status gizi siswa perempuan juga berkorelasi secara signifikan dengan penilaian mereka terhadap tubuh mereka.

Dengan demikian dapat dari penelitian ini dapat ditarik kesimpulan bahwa, terdapat adanya hubungan antara asupan energi, protein, dan persepsi *body image* dengan status gizi siswi di SMPN 4 Surabaya

Kata Kunci : Asupan Energi, Asupan Protein, Persepsi *body image*, Status Gizi, Remaja Putri.

Daftar Bacaan : 7 buku (2015 - 2023)

ABSTRACT

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THE RELATIONSHIP BETWEEN ENERGY INTAKE, PROTEIN INTAKE, BODY IMAGE PERCEPTION, AND NUTRITIONAL STATUS OF FEMALE STUDENTS AT SMPN 4 SURABAYA

xvi + 100 pages + 14 list + 12 attachment

Adolescents require special attention, particularly regarding nutritional issues, as they are vulnerable to nutritional deficiencies or excesses. Physical changes often affect body image and dietary intake. Many adolescents, especially girls, have negative body images that drive them to engage in inappropriate dieting, which can lead to nutritional problems. Inadequate nutritional knowledge and poor eating habits contribute to this issue. Research indicates that body image influences food intake and nutritional status among adolescents, who often fall into the underweight category. This study aims to investigate the relationship between energy intake, protein intake, and body image perception on the nutritional status of female students at SMP Negeri 4 Surabaya.

Using a cross-sectional and analytical observational research methodology, this study was conducted at public junior high schools across Surabaya with a sample of 73 female students. Two 24-hour recall interviews were used to obtain information on energy and protein intake, the MSRQ-AS form was used to collect body image perception scores, and the students' height and weight were measured to determine their nutritional status using the BMI/U index.

Energy intake and nutritional status were found to be associated (p -value $0.000 < 0.05$), and protein intake was also associated with nutritional status (p -value $0.000 < 0.05$). With a p -value of $0.001 < 0.05$, nutritional status was also significantly correlated with students' perceptions of their bodies.

Thus, it can be concluded from this study that there is a relationship between energy intake, protein intake, and body image perception with the nutritional status of female students at SMPN 4 Surabaya.

Keywords: Energy Intake, Protein Intake, Body image Perception, Nutritional Status, Female Adolescents

Refereces : 7 books (2015 - 2023)