

ABSTRAK

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HUBUNGAN *BODY IMAGE* DAN POLA KONSUMSI DENGAN STATUS GIZI MAHASISWA PROGRAM STUDI D3 TEKNOLOGI LABORATORIUM MEDIS POLTEKKES KEMENKES SURABAYA.

1x + 88 Halaman + 14 Tabel + 9 Lampiran

Latar Belakang: Status gizi pada kalangan remaja hingga mahasiswa dipengaruhi oleh beragam determinan, mencakup kebiasaan makan dan *body image*. Adanya ketidakpuasan terhadap bentuk tubuh berimplikasi pada perubahan pola makan yang pada akhirnya memengaruhi kondisi gizi individu. Imbalans pola konsumsi tersebut berpotensi memicu permasalahan gizi ganda (*underweight* maupun *overweight*). Tujuan: Penelitian ini bertujuan mengevaluasi hubungan *body image* serta pola konsumsi makanan terhadap status gizi pada mahasiswa D3 Teknologi Laboratorium Medis Poltekkes Kemenkes Surabaya. Metode: Desain observasional analitik berbasis pendekatan cross-sectional digunakan dalam penelitian kuantitatif ini. Sebanyak 69 mahasiswa ditarik sebagai sampel penelitian menggunakan proportional random sampling. Pengumpulan data dilakukan menggunakan kuesioner BSQ (Body Shape Questionnaire) untuk *body image*, SQ-FFQ untuk pola konsumsi, serta penentuan IMT untuk status gizi. Data dianalisis secara statistik menggunakan uji Rank Spearman ($p < 0,05$). Hasil: Distribusi data menunjukkan mayoritas responden (53,6% atau 37 mahasiswa) memiliki *body image* positif, 94,2% (65 mahasiswa) memiliki pola konsumsi kategori kurang, dan 53,6% (37 mahasiswa) memiliki status gizi normal. Hasil analisis statistik mengonfirmasi adanya keterkaitan antara *body image* dengan status gizi ($p=0,005$). Sebaliknya, tidak ditemukan hubungan yang signifikan antara pola konsumsi dengan status gizi ($p = 0,616$). Kesimpulan: Dapat disimpulkan bahwa *body image* berhubungan secara signifikan dengan status gizi mahasiswa D3 Teknologi Laboratorium Medis Poltekkes Kemenkes Surabaya, sedangkan pola konsumsi makanan tidak memperlihatkan hubungan yang nyata.

Kata kunci : *body image*, pola konsumsi, status gizi, mahasiswa.

ABSTRACT

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THE RELATIONSHIP BETWEEN BODY IMAGE AND DIETARY PATTERNS WITH NUTRITIONAL STATUS OF STUDENTS OF THE D3 MEDICAL LABORATORY TECHNOLOGY STUDY PROGRAM AT POLTEKKES KEMENKES SURABAYA.

1x + 88 Pages + 14 Tables + 9 Attachment

Background: Nutritional status among adolescents and college students is influenced by various determinants, including eating habits and body image. Dissatisfaction with body shape has implications for changes in dietary patterns, which ultimately affect an individual's nutritional condition. This imbalance in consumption patterns has the potential to trigger the double burden of malnutrition (underweight and overweight). Objective: This study aims to evaluate the correlation between body image, dietary patterns, and nutritional status among Associate Degree (D3) Medical Laboratory Technology students at Poltekkes Kemenkes Surabaya. Methods: A quantitative research design using an analytical observational approach with a cross-sectional study was employed. A total of 69 students were selected as research samples using proportional random sampling. Data collection was carried out using the Body Shape Questionnaire (BSQ) for body image, SQ-FFQ for dietary patterns, and Body Mass Index (BMI) determination for nutritional status. Data were analyzed statistically using the Spearman Rank test ($p < 0.05$). Results: The data distribution showed that the majority of respondents (53.6% or 37 students) had a positive body image, 94.2% (65 students) had inadequate dietary patterns, and 53.6% (37 students) had normal nutritional status. Statistical analysis confirmed a relationship between body image and nutritional status ($p = 0.005$). Conversely, no significant relationship was found between dietary patterns and nutritional status ($p = 0.616$). Conclusion: It can be concluded that body image is significantly associated with the nutritional status of Associate Degree (D3) Medical Laboratory Technology students at Poltekkes Kemenkes Surabaya, whereas dietary patterns show no significant association.

Keywords: body image, dietary patterns, nutritional status, students.