

ABSTRAK

Symphony Adinda Putri

HUBUNGAN TINGKAT KONSUMSI ENERGI DAN *BODY IMAGE* DENGAN STATUS GIZI MAHASISWA POLTEKKES KEMENKES SURABAYA

xviii + 93 Halaman + 14 Tabel + 10 Lampiran

Masalah kesehatan yang dijumpai pada kelompok mahasiswa kerap kali berkaitan dengan status gizi, seperti kasus gizi kurang, *overweight*, hingga obesitas. Kondisi gizi seseorang dapat dipengaruhi oleh beragam faktor, di antaranya asupan energi harian serta persepsi terhadap tubuh (*body image*). Usia dewasa muda membuat mahasiswa rentan mengalami pergeseran pola makan dan persepsi citra tubuh yang berimplikasi langsung pada status gizinya.

Mengidentifikasi keterkaitan antara tingkat asupan energi dan *body image* terhadap status gizi mahasiswa Poltekkes Kemenkes Surabaya. Penelitian kuantitatif menerapkan rancangan observasional analitik melalui pendekatan *cross-sectional*. Penentuan sampel melibatkan 83 mahasiswa yang ditarik dengan metode *proportional random sampling*. Pengumpulan data asupan energi memanfaatkan kuesioner *recall 2x24 jam*, *body image* dihitung menggunakan kuesioner *Body Shape Questionnaire* (BSQ), sedangkan status gizi dinilai melalui Indeks Massa Tubuh (IMT). Evaluasi data dilaksanakan melalui uji korelasi *Rank Spearman* pada batas signifikansi $<0,05$.

Mayoritas responden tergolong dalam kategori asupan energi normal, yaitu 46 orang (55,4%), memiliki *body image* positif sebanyak 60 orang (72,3%), serta berstatus gizi normal sejumlah 50 orang (60,2%). Berdasarkan uji statistik, terbukti adanya korelasi yang bermakna antara tingkat konsumsi energi serta *body image* terhadap status gizi ($p\text{-value} = 0,000$). Terdapat hubungan yang bermakna antara tingkat asupan energi serta *body image* terhadap status gizi pada mahasiswa Poltekkes Kemenkes Surabaya.

Kata kunci: Tingkat Konsumsi Energi, *Body Image*, Status Gizi, Mahasiswa

Daftar bacaan: 19 Jurnal (2018-2025), 3 Buku (2020-2021)

ABSTRACT

Symphony Adinda Putri

THE RELATIONSHIP BETWEEN ENERGY INTAKE LEVEL, BODY IMAGE, AND NUTRITIONAL STATUS OF STUDENTS AT POLTEKKES KEMENKES SURABAYA

xviii + 93 Pages + 14 Tables + 10 Appendices

Health problems commonly found among university students are often related to nutritional status, such as undernutrition, overweight, and obesity. An individual's nutritional status can be influenced by various factors, including daily energy intake and perception of body shape (body image). Young adulthood makes students vulnerable to changes in dietary patterns and body perceptions that may have long-term implications for nutritional status.

To identify the relationship between energy intake level and body image with the nutritional status of students at Poltekkes Kemenkes Surabaya. This quantitative study employed an analytical observational design with a cross-sectional approach. The sample consisted of 83 students selected using the proportional random sampling method. Data on energy intake were collected using a 2×24-hour dietary recall questionnaire, body image was assessed using the Body Shape Questionnaire (BSQ), while nutritional status was evaluated based on Body Mass Index (BMI). Data were analyzed using the Spearman Rank correlation test with a significance level of <0.05.

The majority of respondents had a normal energy intake level, with 46 students (55.4%), a positive body image among 60 students (72.3%), and normal nutritional status among 50 students (60.2%). Statistical analysis showed significant relationships between energy intake level and body image with nutritional status (p -value = 0.000). There was a significant relationship between energy intake level and body image with the nutritional status of students at Poltekkes Kemenkes Surabaya.

Keywords: Energy Intake Level, Body Image, Nutritional Status, University Students

References: 19 Journals (2018 - 2025), 3 Books (2020 - 2021)