

**PERBEDAAN PENGETAHUAN GIZI, *BODY IMAGE* DAN
PERILAKU MAKAN REMAJA PUTRI
(STUDI PADA SISWI SMAN 3 DAN SMAN 13 SEMARANG)**

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ABSTRAK

Latar Belakang : Perilaku makan remaja sering tidak didasarkan pertimbangan gizi tetapi sekedar untuk bersosialisasi dan supaya tidak kehilangan status. Remaja sering merasa tidak puas dengan penampilan dirinya. Remaja putri biasanya membatasi konsumsi makanan untuk mendapatkan tubuh ideal (langsing). Tingkat pengetahuan gizi seseorang berpengaruh terhadap sikap dan perilaku makan. Penelitian ini bertujuan untuk melihat perbedaan pengetahuan gizi, *body image* dan perilaku makan remaja putri.

Metode : Studi *cross sectional* pada 44 siswi SMAN 3 Semarang dan 44 siswi SMAN 13 Semarang. Sampel diambil secara *purposive sampling*. Data pengetahuan gizi, *body image* dan perilaku makan diperoleh dari kuesioner. Analisis data menggunakan metode *independent sample t-test* untuk menganalisis perbedaan pengetahuan gizi dan perilaku makan dan uji Mann Whitney untuk menganalisis perbedaan *body image* dengan bantuan program *SPSS 10.0 for windows*

Hasil : Pengetahuan gizi remaja putri termasuk kategori cukup (48,8%), kurang (47,7%) dan baik (3,5%). Lima puluh lima persen remaja putri merasa puas dengan bentuk tubuh yang dimilikinya, sedangkan 44,3% merasa tidak puas. Sebagian besar (89,7%) remaja putri belum menjalankan perilaku makan yang baik, 10,3% sudah menjalankan perilaku makan yang baik. Tidak terdapat perbedaan pengetahuan gizi dan *body image* antara remaja putri di SMAN 3 Semarang dan di SMAN 13 Semarang ($p = 0,43$ dan $p = 0,88$), tetapi ada perbedaan perilaku makan remaja putri di SMAN 3 Semarang dan di SMAN 13 Semarang bermakna secara statistik ($p = 0,01$)

Kesimpulan : Tidak terdapat perbedaan pengetahuan gizi dan *body image* antara remaja putri tetapi terdapat perbedaan perilaku makan.

Kata Kunci : remaja, pengetahuan gizi, *body image*, perilaku makan

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DIFFERENCE OF NUTRITION KNOWLEDGE, BODY IMAGE AND DIETARY PRACTICES OF FEMALE ADOLESCENTS (STUDY IN STATE HIGH SCHOOL 3, SEMARANG AND STATE HIGH SCHOOL 13, SEMARANG)

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Abstract : Dietary practices of adolescents is not based on nutrition aspect anymore, but it has function to socialize with others. Adolescent often feel dissatisfied with their appearance. Female adolescents usually restrict their consumptions to get ideal slim body. Nutrition knowledge has effect on dietary attitude and practice. This research conduct to analyze difference nutrition knowledge, body image and dietary practices of female adolescents.

Method: Cross sectional study in 44 female students of State High School 3 and 44 female students of State High School 13 in Semarang. Sample were taken by using purposive sampling method. Nutrition knowledge, body image and dietary practices questionnaires were administered to all sample. Data were analyzed using independent sample t-test to analyze nutrition knowledge and dietary practices differences and Mann Whitney test to analyze body image differences by SPSS 10.0 for windows.

Results : Female adolescents had enough nutrition knowledge (48,8%), poor nutrition knowledge (47,7%) and good nutrition knowledge (3,5%). Fifty five percent of female adolescents were satisfied with their body, but the other were not. Most of female adolescents (89,7%) did not have good dietary peractices, but the other did. Nutrition knowledge and body image were not significantly different between female students in State High School 3 and State High School 13 ($p= 0,43$ and $p= 0,88$. Dietary practices were significantly different between each group ($p = 0,01$).

Conclusions : There were no difference in nutrition knowledge and body image of female adolescents, but there were difference in dietary practices of them.

Key words : adolescents, nutrition knowledge, body image, dietary practices

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