

**HUBUNGAN *BODY IMAGE*, AKTIVITAS FISIK, ASUPAN
ENERGI DAN PROTEIN DENGAN
STATUS GIZI PADA SISWI SMA**

Artikel Penelitian ditujukan sebagai salah satu syarat untuk
menyelesaikan pendidikan strata S1 Gizi



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**The Association Between Body Image, Physical Activity,
Energi and Protein Intake with Nutritional Status
among the High School Female Students**

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ABSTRACT

Background: The globalization is affects life style and eating pattern of adolescents. The prevalence of body image dissatisfaction is increasing among the female adolescents. Body image, physical activity, energi and protein intake are some of factors wich influence nutritional status. The aim of study was to measure association between body image, physical activity,energi and protein intake with nutritional status among the high school female students.

Method: The study was an explanative study using cross sectional approach. The study was carried out during February 2007 in SMAN 1 Semarang. The subjects were 47 female students in the first year. The cluster random sampling was used in this study. The inclusion criteria were the female students agreed to participate in the study, they were healthy, did not under go spesific diet. The data collected were age, weight, height, body mass index (BMI), body image by questionnaire, physical activity by activity record form 3x24 ours, energi and protein intake by 3 times 24 hour record. The data were analyzed by kolmogorov smirnove test, simple linier regression and multiple linier regression.

Result : there were significant association between body image with nutritional status ($r = - 0,430$ $p = 0,003$), there were significant association between phycical activity with nutritional status ($r = - 0,305$ $p = 0,037$),there were significant association between energy intake with nutritional status ($r = 0,710$ $p = 0,000$), there were significant association between protein intake with nutritional status ($r = 0,631$ $p = 0,000$), body image and energy intake had asociation with nutritional status ($r = 0,760$ $R^2 = 55,8\%$ and $p = 0,000$).

Conclusion : *Body image* and energy intake were associated with nutritional status

Keyword : Female student, Nutritional Status, Body Image, Physical Activity, Energi and Protein Intake.

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Hubungan Antara *Body Image*, Aktivitas Fisik, Asupan Energi dan Protein dengan Status Gizi pada Siswi SMA

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ABSTRAK

Latar Belakang : globalisasi yang masuk mempengaruhi gaya hidup dan pola makan kelompok remaja. Ketidakpuasan *body image* semakin sering dijumpai di kalangan remaja putri. *Body image*, aktivitas fisik, asupan energi dan protein adalah faktor yang mempengaruhi status gizi. Penelitian ini bertujuan untuk mengetahui faktor yang mempengaruhi status gizi seperti : *body image*, aktivitas fisik, asupan energi dan protein.

Metoda : Penelitian ini merupakan penelitian eksplanatif dengan pendekatan *cross sectional*. Penelitian ini dilaksanakan pada bulan Februari 2007 di SMA Negeri 1 Semarang. Sampel dalam penelitian ini berjumlah 47 anak. Sampel diambil dengan tehnik sampel klaster. Kriteria inklusi adalah subyek bersedia menjadi sampel, sehat jasmani dan rohani, tidak sedang menjalankan diet khusus. Data yang dikumpulkan adalah usia, berat badan, tinggi badan, indeks massa tubuh (IMT), *body image* melalui kuesioner, aktivitas fisik menggunakan formulir record aktivitas 3x24 jam, asupan energi dan protein menggunakan formulir record asupan makanan 3x 24 jam. Analisis data dengan tes *kolmogorov smirnov*, regresi linier sederhana dan regresi linier ganda.

Hasil: Didapatkan hubungan yang signifikan antara *body image* dengan status gizi ($r = -0,430$ $p = 0,003$), ada hubungan yang signifikan antara aktivitas fisik dengan status gizi ($r = -0,305$ $p = 0,037$), ada hubungan yang signifikan antara asupan energi dengan status gizi ($r = 0,710$ $p = 0,000$), ada hubungan yang signifikan antara asupan protein dengan status gizi ($r = 0,631$ $p = 0,000$), *body image* dan asupan energi berhubungan dengan status gizi ($r = 0,760$ $R^2 = 55,8\%$ and $p = 0,000$).

Simpulan : *body image* dan asupan energi berhubungan dengan status gizi.

Kata kunci : Siswi, Status Gizi, *Body Image*, Aktivitas Fisik, Asupan Energi dan Protein.

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