

# **Hubungan Body Image dan Faktor Lainnya terhadap Asupan Energi Siswa SMA X Tangerang Selatan Tahun 2023 = Relationship of Body Image and Other Factors with Energy Intake of SMA X Tangerang Selatan Students in 2023**

**Yovabel Veyola, author**

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## **Abstrak**

Pemenuhan kebutuhan gizi yang tidak memadai selama masa remaja dapat menyebabkan masalah kesehatan dan dapat berdampak pada generasi mendatang. Penelitian bertujuan untuk melihat hubungan antara faktor-faktor, seperti body image, jenis kelamin, keragaman pangan, tingkat stress, pengetahuan gizi, konsumsi sarapan, frekuensi konsumsi makanan utama, pengaruh media sosial, dan pengaruh teman sebaya terhadap asupan energi siswa SMA X Tangerang Selatan. Metode yang digunakan adalah kuantitatif dengan desain studi cross-sectional. Pengambilan data dilakukan melalui pengisian kuesioner dan wawancara (2x 24 hours recall) kepada siswa SMA X Tangerang Selatan yang dilakukan pada Bulan Oktober – November 2023. Penelitian dilakukan pada 104 siswa yang dipilih dengan metode simple random sampling. Sebagian besar siswa SMA X Tangerang Selatan memiliki asupan energi kurang (< 80% AKE) yaitu sebesar 57,7%. Berdasarkan hasil uji bivariat didapatkan hubungan yang signifikan antara variabel body image ( $p\text{-value}=0,001$ ), keragaman pangan ( $p\text{-value}=0,024$ ), pengetahuan gizi ( $p\text{-value}=0,035$ ), konsumsi sarapan ( $p\text{-value}=0,001$ ), frekuensi konsumsi makanan utama ( $p\text{-value}=0,001$ ), dan pengaruh media sosial ( $p\text{-value}=0,007$ ) terhadap asupan energi serta tidak terdapat hubungan signifikan antara variabel jenis kelamin ( $p\text{-value}=1,000$ ), tingkat stress ( $p\text{-value}=0,377$ ), dan pengaruh teman sebaya ( $p\text{-value}=0,793$ ) terhadap asupan energi. Diperlukan edukasi gizi pada remaja yang dapat dilakukan dengan dukungan dari orang tua, pihak sekolah, dan puskesmas setempat dengan membentuk program yang dapat memaksimalkan pemenuhan kebutuhan gizi pada remaja.

.....Inadequate energy intake during adolescence can cause health problems and will have an impact on future generations. This research aims to see the relationship between factors, such as body image, gender, food diversity, stress, nutritional knowledge, breakfast consumption, frequency of consumption of main foods, the influence of social media, and the influence of peers with energy intake of SMA X Tangerang Selatan students. The method used for this research is quantitative approach with cross-sectional study design. Data collection was carried out through filling out questionnaires and interviews (2x 24 hour recall) with SMA X South Tangerang students in October – November 2023. The research was conducted on 104 students that was selected by using the simple random sampling method. Majority (59,6%) of the students at SMA X Tangerang Selatan, was found to have an inadequate energy intake (<80% AKG). According to bivariate analysis, a significant relationship was found between body image ( $p\text{-value}=0.001$ ), food diversity ( $p\text{-value}=0.024$ ), nutritional knowledge ( $p\text{-value}=0.035$ ), breakfast consumption ( $p\text{-value}=0.001$ ), frequency of main food consumption ( $p\text{-value}=0.001$ ), and the influence of social media ( $p\text{-value}=0.007$ ) with energy intake and there is no significant relationship between the variables gender ( $p\text{-value}=1.000$ ), stress ( $p\text{-value}=0.377$ ), and the influence of peers ( $p\text{-value}=0.793$ ) with energy intake. Nutrition education is needed for teenagers which can be carried out with support from parents, schools and local health centers by forming programs that can maximize the fulfillment of nutritional needs for teenagers.