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HUBUNGAN ASUPAN PROTEIN DAN BODY IMAGE DENGAN LINGKAR LENGAN ATAS (LILA) PADA SANTRI PUTRI DI PONDOK PESANTREN ASKHABUL-KAHFI, KECAMATAN MIJEN, KOTA SEMARANG

(xvii + 81 halaman + 12 tabel + 2 gambar + 18 lampiran)

ABSTRAK

Latar Belakang: LILA merupakan keadaan jaringan otot dan lapisan lemak bawah kulit yang mencerminkan kekurangan energi kronis (KEK). KEK merupakan masalah gizi yang biasa dialami remaja, berdasarkan hasil RISKESDAS 2018, pada remaja putri usia 15-19 tahun di Jawa Tengah sebesar 36,3%. Faktor yang dapat menyebabkan KEK antara lain asupan zat gizi makro, dan *body image* atau persepsi tubuh.

Tujuan: Mengetahui hubungan antara asupan protein dan *body image* dengan lingkaran lengan atas pada santri putri di Pondok Pesantren Askhabul-Kahfi, Kecamatan Mijen, Kota Semarang.

Metode: Jenis penelitian ini adalah analitik observasional menggunakan pendekatan *cross-sectional* dengan jumlah populasi seluruh santri putri usia 15-18 tahun di Pondok Pesantren Askhabul-Kahfi dengan sampel 78 responden diambil dengan metode *proportional random sampling*. Asupan protein diukur menggunakan kuesioner FFQ semi kuantitatif dan *body image* diukur menggunakan kuesioner BSQ-34. Lingkaran lengan atas diukur menggunakan metline dengan ketelitian 0,1 cm. analisis bivariat menggunakan uji korelasi *Spearman* ($\alpha = 0,05$).

Hasil: Asupan protein kategori defisit berat yaitu 28,2%, defisit ringan yaitu 15,4%, defisit sedang yaitu 10,3%, *body image* dalam kategori tidak ada perhatian yaitu 17,9%, perhatian ringan yaitu 38,5%, perhatian sedang yaitu 43,6%, dan LILA < 23,5 berisiko KEK yaitu 42,3%, LILA \geq 23,5 tidak berisiko KEK yaitu 57,7%. Ada hubungan asupan protein dan *body image* dengan LILA dengan ($p = 0,0001$; $p = 0,005$).

Simpulan: Ada hubungan asupan protein dan *body image* dengan LILA pada santri putri di Pondok Pesantren Askhabul-Kahfi, Kecamatan Mijen, Kota Semarang.

Kata kunci: asupan protein, *body image*, LILA, remaja, KEK

Kepustakaan: 66 (2013-2021)

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THE CORRELATION PROTEIN INTAKE AND BODY IMAGE WITH MID UPPER ARM CIRCUMFERENCE (MUAC) IN FEMALE STUDENTS AT ASKHABUL-KAHFI ISLAMIC BOARDING SCHOOL, MIJEN DISTRICT, SEMARANG CITY

(xvii + 81 Page + 12 Tables + 2 Pictures + 18 Appendixes)

ABSTRACT

Background: *MUAC is a state of muscle tissue and layer of subcutaneous fat that reflects chronic energy deficiency (CED). Based on the results of the RISKESDAS 2018, in adolescent girls aged 15-19 years in Central Java by 36.3%. Factors that can cause CED include macronutrient, and body image or body perception.*

Purpose: To determine the relationship between protein intake and body image with CED in female students at the Askhabul-Kahfi Islamic Boarding School, Mijen District, Semarang City.

Methods: The type of research was analytical observational with cross-sectional approach with the population of all female students aged 15-18 years at the Askhabul-Kahfi Islamic Boarding School and the sample were 78 respondents taken by proportional random sampling method. Protein intake was measured using a semi-quantitative FFQ questionnaire and body image was measured using the BSQ-34 questionnaire. The mid upper arm circumference was measured using a metline to the nearest of 0.1 cm. The bivariate analysis used Spearman correlation test ($\alpha = 0.05$).

Result: Protein intake in the category of severe deficit 28.2%, moderate deficit 15.4%, mild deficit 10.3%, body image in the category of no attention 17.9%, with mild attention 38.5%, with moderate attention that 43.6%, and MUAC < 23.5 (42.3%) at risk of CED, MUAC \geq 23.5 no at risk of CED 57,7%. There is a correlation between protein intake and body image with MUAC ($p = 0.0001$; $p = 0.005$).

Conclusion: There is a correlation between protein intake and body image with MUAC in female students at Askhabul-Kahfi Islamic Boarding School, Mijen District, Semarang City

Keywords: protein intake, body image, MUAC, adolescents, CED

Library: 66 (2013-2018)