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HUBUNGAN ANTARA PERSEPSI *BODY IMAGE* DENGAN ASUPAN ENERGI PADA SISWI DI SMP NEGERI 2 PURWAREJA KLAMPOK KABUPATEN BANJARNEGARA

ABSTRAK

Latar Belakang : Masalah gizi pada remaja masih banyak terjadi di Indonesia, baik gizi kurang maupun gizi lebih. Faktor penyebab yang dapat mempengaruhi kebiasaan makan dan gaya hidup seperti *body image* dan aktivitas fisik akan mempengaruhi jumlah asupan konsumsi makanan dan zat gizi.

Tujuan : Penelitian ini bertujuan untuk mengetahui hubungan antara persepsi *body image* dengan asupan energi pada siswi di SMP Negeri 2 Purwareja Klampok Kabupaten Banjarnegara.

Metode : Desain penelitian ini adalah penelitian deskriptif korelasi dengan pendekatan *cross sectional*. Populasi berjumlah 227 orang siswi SMP Negeri 2 Purwareja Klampok Kabupaten Banjarnegara. Subjek berjumlah 77 orang yang diambil dengan simple random sampling. Pengambilan data menggunakan kuesioner MBRSQ (*Multidimensional Body-Self Relation Questionnaire*) untuk mengukur persepsi *body image*, dan wawancara menggunakan form FFQ (*Food Frequency Questionnaire*) semi kuantitatif untuk mengukur asupan energi. Data dianalisis menggunakan uji *kendals'tau* ($\alpha = 0,05$).

Hasil : Hasil penelitian menunjukkan bahwa sebanyak 42 responden (54,5%) memiliki persepsi *body image* positif dan sebanyak 35 responden (45,5%) memiliki persepsi *body image* negatif. Asupan energi siswi menunjukkan bahwa sebanyak 5 responden (6,5%) memiliki asupan energi defisit, sebanyak 6 responden (7,8%) mempunyai asupan energi kurang, sebanyak 22 responden (28,6%) memiliki asupan energi normal, dan sebanyak 44 responden (57,1%) memiliki asupan energi lebih. Tidak ada hubungan yang bermakna antara persepsi *body image* dengan asupan energi pada siswi ($p = 0,446$).

Kesimpulan : Tidak terdapat hubungan antara persepsi *body image* dengan asupan energi pada siswi di SMP Negeri 2 Purwareja Klampok Kabupaten Banjarnegara.

Kata Kunci : Asupan Energi, *Body Image*, Remaja.

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THE RELATIONSHIP BETWEEN *BODY IMAGE* PERCEPTIONS AND ENERGY INTAKE IN STUDENTS IN SMP NEGERI 2 PURWAREJA KLAMPOK, BANJARNEGARA DISTRICT

ABSTRACT

Background: Nutrition problems in adolescents still occur in Indonesia, both undernutrition and over nutrition. Factors that can affect eating habits and lifestyles such as body image and physical activity will affect the amount of food and nutrition consumption.

Objective: This study aimed to determine the relationship between perception of *body image* with energy intake in female students at Junior High School 2 Purwareja Klampok, Banjarnegara Regency.

Method: This research was descriptive correlation study with cross sectional approach. The population were 227 students of Junior High School 2 Purwareja Klampok, Banjarnegara District. Subjects were 77 people in this study was taken using simple random sampling. Retrieval of data used MBRSQ (*Multidimensional Body-Self Relation Questionnaire*) questionnaire to measure perceptions of body image, and interviewed used semi-quantitative FFQ (*Food Frequency Questionnaire*) forms to measure energy intake. Data were analyzed used *kendall-tau* test ($\alpha = 0.05$).

Results: The results showed that 42 respondents (54.5%) had positive *body image* perceptions and 35 respondents (45.5%) had negative *body image* perceptions. Student energy intake shows that as many as 5 respondents (6.5%) have deficit energy intake, as many as 6 respondents (7.8%) have less energy intake, as many as 22 respondents (28.6%) have normal energy intake, and as many as 44 respondents (57.1%) have more energy intake. There was no significant relationship between perception of body image with energy intake in students ($p = 0,446$).

Conclusion: There is no relationship between the perception of *body image* with the energy intake of students at Junior High School 2 Purwareja Klampok, Banjarnegara Regency.

Keywords: Energy Intake, *Body Image*, Adolescence