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GAYA HIDUP, *BODY IMAGE*, ASUPAN ENERGI DAN ZAT GIZI
MAKRO, SERTA STRES PADA REMAJA OBESITAS DAN NON
OBESITAS DI JAKARTA BARAT

xvi, VI Bab, 133 Halaman, 28 Tabel, 3 Gambar, 8 Lampiran

Latar Belakang: Gaya hidup, *body image*, asupan energi dan zat gizi makro, serta stres merupakan faktor yang memengaruhi obesitas. Obesitas merupakan keadaan seseorang yang memiliki berat badan lebih berat dibandingkan berat idealnya yang disebabkan terjadinya penumpukan lemak di tubuhnya. Menurut Riskesdas (2013) prevalensi kegemukan tingkat nasional pada anak umur 13-15 tahun sebesar 10,8% dan prevalensi tertinggi di DKI Jakarta dan memiliki prevalensi gemuk di atas tingkat nasional (4,2%).

Tujuan: Mengetahui hubungan gaya hidup dan *body image* dengan obesitas serta mengetahui perbedaan asupan energi dan zat gizi makro serta stres pada remaja obesitas dan non obesitas di Jakarta Barat.

Metode: Jenis penelitian ini bersifat analitik observasional dilakukan dengan menggunakan desain penelitian *cross sectional study*. Populasi dalam penelitian ini adalah 180 siswa kelas VIII di SMP Negeri 75 Jakarta dan 287 siswa kelas VIII di SMP Negeri 229 Jakarta dengan sampel sebanyak 97 orang. Analisa data pada penelitian ini menggunakan *T-test Independen*, *Mann Whitney Test*, dan *Chi-Square* untuk analisa bivariat.

Hasil: Dari hasil uji statistik menunjukkan ada hubungan kebiasaan olahraga dan *body image* dengan status obesitas ($p \leq 0,05$) dan ada perbedaan asupan energi dan zat gizi makro, serta stres pada remaja obesitas dan non obesitas ($p \leq 0,05$).

Kesimpulan: Ada hubungan kebiasaan olahraga dan *body image* dengan status obesitas dan ada perbedaan asupan energi dan zat gizi makro serta stres pada remaja obesitas dan non obesitas di Jakarta Barat. Remaja perlu melakukan pengukuran antropometri secara rutin serta melakukan konsultasi gizi untuk mengetahui status gizinya masing-masing sehingga mereka dapat menjaga asupan energi dan zat gizi makro sesuai dengan kebutuhan, olahraga rutin, menghindari stres serta memiliki persepsi *body image* positif untuk mencegah obesitas yang dapat membahayakan kesehatan.

Kata kunci : asupan, *body image*, gaya hidup, obesitas, stres.

Daftar Bacaan : 100 (1995-2017)

ESA UNGGUL UNIVERSITY
FACULTY OF HEALTH
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LIFE STYLE, BODY IMAGE, ENERGY ASSEMBLY AND MACRO
NUTRITION, AND STRESS IN ADOLESCENT OBESITY AND NON
OBESITY IN WEST JAKARTA

xvi, VI Chapters, 133 Pages, 28 Tables, 3 Pictures, 8 Attachments

Background: Lifestyle, body image, energy intake and macro nutrients, and stress is a factor that affects obesity. Obesity is a state where a person weighs heavier than the ideal weight caused by the buildup of fat in his body. According to Riskesdas (2013), the national obesity prevalence rate for children aged 13-15 years is 10,8% and prevalence is highest in Jakarta and has prevalence above national level (4,2%).

Objective: Understanding the correlation of lifestyle and body image in obese as well as to know the difference of energy intake and macro nutrients as well as stress in obese and non obese teenagers in Jakarta Barat.

Methods: This research is analytic observational conducted by using cross sectional study. The population in this study is the students of class VIII with the number of 180 people in the SMP Negeri 75 Jakarta and students of class VIII with a population of 287 people in SMP Negeri 229 Jakarta and the sample is 97 peoples. Data analysis in this study using Independent T-test, Mann Whitney Test, and Chi-Square for bivariate analysis.

Results: Based on the statistical test result shows there were a relationship between exercise habits and body image in respondents with obesity status ($p \leq 0,05$), and there were differences in energy intake and macro nutrients, as well as stress in obese and non obese adolescents in Jakarta Barat ($p \leq 0,05$).

Conclusions: There is a relationship between exercise habits and body image in respondents with obesity status dan there are differences in energy intake and macro nutrients as well as stress in adolescents obesity and non obesity. Adolescents need to take regular anthropometric measurements and conduct nutritional consultations to determine their nutritional status so that they can maintain energy intake and macro nutrients as needed, exercise regularly, avoid stress and have positive body image perception to prevent obesity that can endanger health.

Keywords: intake, body image, lifestyle, obesity, stress.

References: 100 (1995-2017)