

## ABSTRACT

Flight Attendants is a profession that pays great attention to their physical appearance due to being the front liner and brand image of an airline, therefore are required to always look attractive, have a proportional body posture and ideal body weight. The purpose of this research is to analyze the relationship between body image, eating disorder, nutritional knowledge and physical activity towards nutritional status in Indonesian flight attendants. This research is an observational analytic with cross sectional design. Analytical techniques using chi-square. The data were collected using Figure Rating Scale questionnaire, Eating Attitude Test-26, nutritional knowledge questionnaire and International Physical Activity Questionnaire-Short Form. The result of the research indicate the body image perception of flight attendants are negative (52.9%) and have no eating disorder (76.5%). Nutritional knowledge in flight attendants are moderate (72.5%) with moderate physical activity level (46.1%). Nutritional status based on Body Mass Index (BMI) in flight attendants are normal (52%). There is a relationship between body image ( $p=0.0001$ ) and eating disorders ( $p=0.002$ ) towards nutritional status in flight attendants. However, there is no relationship present between nutritional knowledge and physical activity towards nutritional status in flight attendants ( $p>0.05$ ). In conclusion, body image and eating disorders are factors that are directly related to flight attendant's nutritional status. Suggestions that can be given to flight attendants are routine physical activities accompanied by changing the mindset of negative body image perceptions that can cause eating disorders that may cause nutritional problems.

**Keywords:** Body Image; Eating Disorder; Nutrition Knowledge; Physical Activity; Flight Attendant

**ABSTRAK**

Pramugari merupakan profesi yang sangat memperhatikan penampilan fisik dikarenakan pramugari adalah *front liner* serta *brand image* dari suatu maskapai yang diharuskan untuk selalu berpenampilan menarik, memiliki postur tubuh proporsional dan berat badan ideal. Penelitian ini bertujuan untuk menganalisis hubungan antara persepsi tubuh, gangguan makan, pengetahuan gizi dan aktivitas fisik terhadap status gizi pada pramugari di Indonesia. Penelitian ini adalah penelitian analitik observasional yang menggunakan desain *cross-sectional* yang melibatkan 102 pramugari dari berbagai macam maskapai. Teknik analisis menggunakan uji *chi-square*. Pengambilan data dilakukan dengan menggunakan kuesioner *Figure Rating Scale* (FRS), *Eating Attitude Test-26* (EAT-26), kuesioner pengetahuan gizi dan *International Physical Activity Questionnaire-Short Form* (IPAQ-SF). Hasil penelitian menunjukkan bahwa persepsi tubuh pada pramugari negatif (52.9%) dan tidak memiliki gangguan makan (76.5%). Pengetahuan gizi pada pramugari sedang (72.5%) dengan tingkat aktivitas fisik tergolong sedang (46.1%). Status gizi berdasarkan Indeks Massa Tubuh (IMT) pada pramugari tergolong normal (52%). Terdapat hubungan antara persepsi tubuh ( $p=0,0001$ ) dan gangguan makan ( $p=0,002$ ) terhadap status gizi pramugari. Namun tidak terdapat hubungan antara pengetahuan gizi dan aktivitas terhadap status gizi pramugari. Disimpulkan bahwa persepsi tubuh dan gangguan makan merupakan faktor-faktor yang berhubungan langsung dengan status gizi pada pramugari. Saran yang dapat diberikan untuk pramugari adalah rutin beraktivitas fisik diiringi dengan mengubah pola pikir terkait persepsi tubuh negatif yang dapat menyebabkan gangguan makan sehingga tidak menimbulkan masalah gizi pada pramugari.

**Kata Kunci :** Persepsi Tubuh; Gangguan Makan; Pengetahuan Gizi; Aktivitas Fisik; Pramugari