

ABSTRAK

Latar Belakang: Masa remaja merupakan masa yang rentan terhadap masalah gizi. Ketidakseimbangan antara konsumsi dan kecukupan gizi pada dasarnya bermula dari pemahaman dan perilaku yang salah tentang gizi yang dapat menimbulkan masalah gizi baik, gizi kurang dan gizi lebih. Persepsi citra tubuh dapat mempengaruhi jumlah konsumsi makanan dan asupan gizi yang dapat mempengaruhi status gizi remaja. Keinginan atau impian remaja yang tidak terwujud, mengakibatkan remaja cepat mengalami stres sehingga mengakibatkan perilaku negatif.

Tujuan: Untuk mengidentifikasi hubungan tingkat kecukupan zat gizi makro, persepsi *body image*, dan tingkat stres dengan status gizi remaja SMA Tunas Harapan.

Metode: Desain penelitian yang digunakan adalah cross sectional study dengan melibatkan 95 remaja SMA Tunas Harapan Jakarta Barat. Teknik analisis menggunakan uji chi square. Pengumpulan data dilakukan dengan menggunakan formulir food record, kuesioner Figure Rating Scale (FRS), dan kuesioner tingkat stres dari International Stress Management Association (ISMA).

Hasil: Ada hubungan antara tingkat kecukupan energi (p-value = 0.001), tingkat kecukupan karbohidrat (p-value = 0.001), tingkat kecukupan protein (p-value = 0.001), tingkat kecukupan lemak (p-value = 0,001) dan status gizi remaja, ada hubungan antara persepsi *body image* dengan status gizi remaja (p-value = 0,001), namun tidak ada hubungan antara tingkat stres dengan status gizi remaja (p- nilai = 0,771).

Kesimpulan: Ada hubungan antara tingkat kecukupan zat gizi makro, dan persepsi *body image* dengan status gizi remaja, namun tidak ada hubungan antara tingkat stres dengan status gizi remaja.

Kata Kunci: remaja, zat gizi makro, persepsi *body image*, tingkat stres, status gizi

ABSTRACT

Background: *Adolescence is a period that is vulnerable to nutritional problems. The imbalance between consumption and adequate levels of nutrients basically starts from the wrong understanding and behavior of nutrition that can lead to problems with good nutrition, malnutrition and overnutrition. Perceptions of body image can affect the amount of food consumption and nutritional intake that can impact adolescent nutritional status. Desires or dreams of adolescents that do not come true, result in adolescents experiencing stress quickly, resulting in negative behavior.*

Objective: *To identify the relationship between macro nutrient adequacy levels, body image perceptions, and stress levels with the nutritional status of adolescents in SMA Tunas Harapan.*

Methods: *The research design used was a cross sectional study involving 95 adolescents from SMA Tunas Harapan in West Jakarta. The analysis technique used the chi square test. The data was collected using a food record form, the Figure Rating Scale (FRS) questionnaire, and the stress level questionnaire from the International Stress Management Association (ISMA).*

Results: *There is a relationship between the level of energy adequacy (p -value = 0.001), the level of carbohydrate adequacy (p -value = 0.001), the level of protein adequacy (p -value = 0.001), the level of fat adequacy (p -value = 0.001) and the nutritional status of adolescents, there is a relationship between the perception of body image and adolescent nutritional status (p -value = 0.001), but there was no relationship between stress levels and adolescent nutritional status (p -value = 0.771).*

Conclusion: *There is a relationship between the level of adequacy of macro nutrients and the perception of body image with the nutritional status of adolescents, but there is no relationship between levels of stress and nutritional status of adolescents.*

Keywords: *adolescence, macro nutrition, body image perception, stress level, nutritional status*