ABSTRAK

ELFIRA DAMAYANTI
HUBUNGAN CITRA TUBUH, AKTIVITAS FISIK, DAN PENGETAHUAN GIZI SEIMBANG DENGAN STATUS GIZI MAHASISWA UNIVERSITAS ESA UNGGUL

Latar Belakang: Tren badan ideal menjadi penting sehingga membuat seseorang memiliki citra tubuh positif dan negatif, mahasiswa rentan mengalami ketidakpuasan terhadap bentuk tubuhnya, melakukan aktivitas fisik yang tidak seimbang dengan asupan makanan, serta kurangnya pengetahuan gizi seimbang yang nantinya dapat mempengaruhi status gizi.

Tujuan: Mengetahui hubungan citra tubuh, aktivitas fisik, dan pengetahuan gizi seimbang dengan status gizi mahasiswa Universitas Esa Unggul.

Metode: Desain penelitian berupa *cross sectional* yang dilakukan pada bulan Juni hingga Juli 2023 di Universitas Esa Unggul. Jumlah sampel sebanyak 130 responden diperoleh melalui Teknik *multistage random sampling*. Pengumpulan data menggunakan kuesioner BSQ-34, PAL, dan pengetahuan gizi seimbang mengenai pedoman gizi seimbang. Data status gizi, persen lemak tubuh, dan persen otot diukur menggunakan BIA dan *microtoise*. Analisis data menggunakan uji *chi-square*.

Hasil: Hasil penelitian terdapat hubungan antara citra tubuh (p= 0,003) dengan status gizi berdasarkan IMT. Terdapat hubungan antara citra tubuh (p= 0,005) dengan persen lemak tubuh. Terdapat hubungan antara citra tubuh (p= 0,00) dengan persen otot. Sementara itu, tidak ditemukan adanya hubungan antara aktivitas fisik (p= 0,244), dan pengetahuan gizi seimbang (p= 0,524) dengan status gizi berdasarkan IMT. Tidak ditemukan adanya hubungan antara aktivitas fisik (p= 0,395), dan pengetahuan gizi seimbang (p= 0,594) dengan persen lemak tubuh. Tidak ditemukan adanya hubungan antara aktivitas fisik (p= 0,381), dan pengetahuan gizi seimbang (p=0,383) dengan persen otot.

Kesimpulan: Citra tubuh berhubungan secara signifikan dengan status gizi berdasarkan IMT, persen lemak tubuh dan persen otot mahasiswa. Aktivitas fisik dan pengetahuan gizi seimbang tidak berhubungan secara signifikan dengan status gizi berdasarkan IMT, persen lemak tubuh dan perses otot mahasiswa.

Kata kunci: citra tubuh, aktivitas fisik, pengetahuan gizi, status gizi, persen lemak tubuh, persen otot.

ABSTRACT

ELFIRA DAMAYANTI
THE RELATIONSHIP OF BODY IMAGE, PHYSICAL ACTIVITY, AND KNOWLEDGE OF BALANCED NUTRITION WITH THE NUTRITIONAL STATUS OF ESA UNGGUL UNIVERSITY STUDENTS.

Background: *The ideal body trend is important so that it makes someone have a positive and negative body image, Students are vulnerable to experiencing dissatisfaction with their body shape, doing physical activity that is not balanced with food intake, as well as a lack of knowledge of balanced nutrition which can further affect nutritional status.*

Objective: *To determine the relationship between body image, physical activity, and knowledge of balanced nutrition with the nutritional status of Esa Unggul University students*

Methods: *The research design is a cross-sectional study conducted from June to July 2023 at Esa Unggul University. The total sample of 130 respondents was obtained through a multistage random sampling technique. Data collection used the BSQ-34 questionnaire, PAL, and balanced nutrition knowledge regarding balanced nutrition guidelines. Data on nutritional status, percent body fat, and percent muscle were measured using BIA and microtoise. Data analysis used the chi-square test.*

Results: *The results of the study found a relationship between body image (p = 0.003) and nutritional status based on BMI. There is a relationship between body image (p = 0.005) and percent body fat. There is a relationship between body image (p = 0.00) and percent muscle. Meanwhile, no relationship was found between physical activity (p= 0.244) and knowledge of balanced nutrition (p= 0.524) with nutritional status based on BMI. No relationship was found between physical activity (p= 0.395) and knowledge of balanced nutrition (p= 0.594) with percent body fat. There was no relationship between physical activity (p=0.381) and knowledge of balanced nutrition (p=0.383) with muscle percentage.*
Conclusion: *Body image is significantly related to nutritional status based on BMI, percent body fat, and percent muscle of students. Physical activity and knowledge of balanced nutrition were not significantly related to nutritional status based on BMI, percent body fat, and muscle percentage of students.*

Keywords: *body image, physical activity, nutritional knowledge, nutritional status, percent body fat, percent muscle.*