

ABSTRAK

Nutritional status is very important, especially for models because it is a profession that really pays attention to physical appearance and must always appear attractive. Negative body perception can encourage someone to carry out unhealthy weight control behavior, eating disorders, and unbalanced physical activity and cause problems. on nutrition such as malnutrition (underweight), obesity (overweight) and anemia. Objective: To determine the relationship between body perception, eating disorders, physical activity, hemoglobin levels and nutritional status in adolescent girls at Azzura Models Tangerang. Method: This research is observational with a cross-sectional approach. The sample for this research consisted of 40 young women aged 12-19 years using a total sampling technique. Data were collected using the body shape questionnaire-34 (BSQ-34), eating disorder data using the Eating Attitude Test-26 (EAT-26) questionnaire, physical activity data using the International Physical Activity Questionnaire IPAQ Short form, and hemoglobin level data using hemochroma POC hemoglobin reader. Data were analyzed using the chi square test. The results showed that the majority of respondents had normal nutritional status (70%), positive body image (65%), eating disorders (70%), physical activity (52.5%), and as many (55%) respondents did not experience anemia. The results showed that there was a relationship between body image variables ($p=0.006$), eating disorders ($p=0.000$) and hemoglobin levels ($p=0.062$). Conclusion: there is no relationship between physical activity and nutritional status in young women in the Azzura model Tangerang.

Keywords: Nutritional Status, Eating Disorders, Physical Activity, Hemoglobin, Body Perception