

ABSTRACT



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THE RELATIONSHIP BETWEEN EATING DISORDER, BODY PERCEPTION, STRESS SCORE WITH BODY MASS INDEX IN ADOLESCENTS AT ATTAQWA 02 TARUMAJAYA MIDDLE SCHOOL

VI CHAPTER, 125 Pages, 25 Tables, 2 Figures, 8 Attachments

Background: Poor body perceptions may cause stress that lead to an increased risk of eating disorders that subsequently affect nutritional status. However, this relationship in adolescent is still hardly explored.

Objectives: To examine the relationship between eating disorders, body perception, stress scores and body mass index in adolescents.

Methods: This cross-sectional study involved 33 teenagers aged 13-16 years at Attaqwa 02 Tarumajaya Middle School who were drawn using stratified random sampling. Eating disorders, body perception, stress score were assessed by the Eating Attitude Test-40, Multidimensional Body-Self Relations Questioner Appearance Scale, a modified Depression Anxiety Stress Scale-42, respectively. Body mass index for age z-score (BAZ) was generated from anthropometric measurements. Relationships were tested by Pearson and Partial correlations.

Results: More than half of the respondents were boys (51.5%). Eating disorders ($r=0.399$) and stress scores ($r=0.539$) significantly and positively associated with BAZ in adolescent. The relationship remained significant although a bit attenuated after adjusted by age ($r=0.375$; $r=0.562$) and gender ($r=0.388$; $r=0.516$). No association found between body perception and BAZ ($r=-0.027$). After adjusted by age ($r=-0.107$) and gender ($r=-0.052$) the association remained insignificant.

Conclusion: Eating disorders and stress scores correlated significantly with body mass index z-score in adolescents. Health and nutrition promotion to prevent eating disorder and stress should be encouraged to reduce risk of obesity in adolescent.

Keywords: Eating Disorder, Body Perception, Stress Score, Body Mass Index

Reading List: 46 (2017-2022)

ABSTRAK



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HUBUNGAN *EATING DISORDER*, PERSEPSI TUBUH, SKOR STRES DENGAN INDEKS MASSA TUBUH PADA REMAJA DI SMP ATTAQWA 02 TARUMAJAYA

VI BAB, 125 Halaman, 25 Tabel, 2 Gambar, 8 Lampiran

Latar Belakang: Remaja dengan persepsi tubuh negatif cenderung menimbulkan stres sehingga berisiko mengalami gangguan makan yang dapat menyebabkan masalah gizi seperti gizi kurang dan gizi lebih. Tetapi, hubungan tersebut pada remaja masih sedikit diteliti.

Tujuan: Mengetahui hubungan gangguan makan, persepsi tubuh, skor stres dengan indeks massa tubuh pada remaja.

Metode: Studi *cross-sectional* ini melibatkan 33 remaja berusia 13-16 tahun di SMP Attaqwa 02 Tarumajaya yang diambil dengan *stratified random sampling*. Gangguan makan, persepsi tubuh, skor stres secara berturut diukur menggunakan kuesioner *Eating Atittude Test-40*, *Multidimensional Body-Self Relations Questioner Appearance Scale*, dan modifikasi *Depression Anxiety Stress Scale-42*. Z-skor Indeks massa tubuh menurut umur (IMT/U) didapat dari pengukuran antropometri. Hubungan dianalisis dengan korelasi *Pearson* dan *Partial*.

Hasil: Lebih dari separuh responden ialah remaja laki-laki (51,5%). Hasil menunjukkan bahwa ada hubungan signifikan dengan kekuatan sedang antara gangguan makan ($r= 0,399$) dan skor stres ($r= 0,539$) dengan IMT/U remaja yang sedikit dikendalikan oleh faktor usia ($r= 0,375$; $r= 0,562$) dan jenis kelamin ($r= 0,388$; $r= 0,516$). Tidak ada hubungan antara persepsi tubuh dengan IMT/U remaja ($r= -0,027$). Faktor usia ($r= -0,107$) dan jenis kelamin ($r= -0,052$) tidak mempengaruhi hubungan persepsi tubuh dengan IMT/U.

Kesimpulan: Gangguan makan dan skor stres berkaitan secara positif dengan z-skor indeks massa tubuh remaja. Penting memberikan edukasi untuk menghindari gangguan makan dan stres agar risiko masalah gizi pada remaja dapat dikurangi.

Kata Kunci: Gangguan Makan, Persepsi Tubuh, Skor Stres, Indeks Massa Tubuh

Daftar Bacaan: 46 (2017-2022)