

PERCEPTION OF BODY IMAGES, EAT DISORDERS, AND STUDENTS
NUTRITIONAL STATUS OF CATHOLIC SANTO YOSEPH HIGH SCHOOL
DENPASAR

ABSTRACT

Body image perceptions that negatively affect one's actions to make efforts to reduce consumption of food. Strict diets carried out by adolescents can lead to poor eating habits which ultimately lead to eating disorders so that it will have a negative impact on nutritional status. This study aims to determine the perception of body image, eating disorders, and nutritional status of Saint Joseph's high school students in Denpasar. This type of research is observational with cross sectional research design. The study was conducted in February - June 2019. The population was 375 students with a sample of 77 students. The data collected were sample identity data, questionnaires on perceptions of body image and eating disorders which were filled by each sample as well as weight and height measurements. The results showed that the perception of body image as much as 42.8% tended not to worry too much about his body image. While 51.9% made an effort to improve their appearance. And the results of eating disorders as much as 59.7% had never experienced an eating disorder. While as many as 41.8% sometimes experience binge eating disorder and 32.5% experience a selective eating disorder. Assessment of nutritional status using BMI / U indicators of students who have normal nutritional status as much as 84.4%, thin 5.2%, fat 1.3%, and obesity 9.1%. This causes no problems with the perception of body image, eating disorders, and nutritional status of the study sample.

Keywords: perception of body image, eating disorders, nutritional status

PERSEPSI CITRA TUBUH, GANGGUAN MAKAN, DAN STATUS GIZI SISWA SMAK SANTO YOSEPH DENPASAR

ABSTRAK

Persepsi citra tubuh yang negatif mempengaruhi tindakan seseorang untuk melakukan upaya pengurangan konsumsi makan. Diet ketat yang dilakukan remaja dapat berujung pada kebiasaan makan kurang baik yang pada akhirnya menyebabkan terjadinya *eating disorder* sehingga akan berdampak negatif pada status gizi. Penelitian ini bertujuan untuk mengetahui persepsi citra tubuh, gangguan makan, dan status gizi siswa SMAK Santo Yoseph Denpasar. Jenis penelitian adalah observasional dengan desain penelitian *cross sectional*. Penelitian dilaksanakan pada bulan februari – juni 2019. Populasi sebanyak 375 siswa dengan jumlah sampel 77 siswa. Data yang dikumpulkan yaitu data identitas sampel, kuisioner persepsi citra tubuh dan gangguan makan yang diisi oleh masing – masing sampel serta data hasil pengukuran berat badan dan tinggi badan. Hasil penelitian menunjukkan bahwa persepsi citra tubuh sebanyak 42,8% cenderung tidak terlalu khawatir terhadap citra tubuhnya. Sedangkan sebanyak 51,9% melakukan usaha untuk memperbaiki penampilannya. Dan hasil gangguan makan sebanyak 59,7% tidak pernah mengalami gangguan makan. Sedangkan sebanyak 41,8% kadang – kadang mengalami *binge eating disorder* dan 32,5% mengalami *selective eating disorder*. Penilaian status gizi menggunakan indikator IMT/U siswa yang memiliki status gizi normal sebanyak 84,4%, kurus 5,2%, gemuk 1,3%, dan obesitas 9,1%. Hal ini menyebabkan tidak ada masalah terhadap persepsi citra tubuh, gangguan makan, dan status gizi sampel penelitian.

Kata kunci : persepsi citra tubuh, gangguan makan, status gizi