

# Hubungan konsumsi makanan dan aktivitas fisik serta citra tubuh pada Mahasiswi FKM UI tahun 2012 = Relationships between style of food consumptions physical activities and ways to value body physically with nutritional status on undergraduate collage female Student at Faculty of Public Health University of Indonesia 2012

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## Abstrak

Dari seluruh periode kehidupan wanita, periode remaja merupakan periode yang sangat rentan dengan gizi salah. Gizi salah pada wanita dapat memberikan pengaruh buruk kepada dirinya sendiri maupun kepada bayi yang akan dikandungnya kelak. Berdasarkan penelitian menunjukkan masih banyak ditemukan gizi salah pada wanita. Tujuan dari penelitian ini adalah untuk melihat hubungan konsumsi makanan dan aktivitas fisik serta citra tubuh terhadap status gizi pada mahasiswi FKM UI tahun 2012. Penelitian ini dilakukan dengan desain cross sectional, dengan sampel 210 mahasiswi S1 reguler angkatan 2009 sampai dengan 2012. Hasil penelitian ini menunjukkan bahwa terdapat 15% responden mengalami gizi lebih dan 17% gizi kurang. Berdasarkan hasil uji bivariat didapatkan hasil umur, suku orang tua, uang saku untuk makan, aktivitas fisik, variasi makanan dan konsumsi makanan fast food tidak berhubungan secara statistik terhadap status gizi. Sedangkan citra tubuh dan konsumsi makanan junk food mempunyai hubungan yang bermakna secara statistik dengan status gizi.

.....Teenager is the most vulnerable life phase for suffering from malnutrition in female. It could give bad effect for both herself and her fetus as well. Recent researches show that there are still a lot of malnutrition found in female. This research then comes to find the relationship between style of food consumptions, physical activities, and the ways how female value their body physically with their nutritional condition. Object of the research was focus on Undergraduate female students on Faculty of Public Health, University of Indonesia. The research was done with cross-sectional design with 210 samples of regular undergraduate student year 2009-2010. It found that 15% of respondents were overweight, and 17% of them were underweight. Based on bivariate analysis by chi-square, the research also found that age, ethnicity of parents, budget for meal, physical activities, variety on meal, and fast food consumptions were not related statistically with female nutritional condition. However the ways to value body physically and junk food consumptions was related statistically with female nutritional condition.