

# Hubungan citra tubuh, pola konsumsi dan aktifitas fisik dengan status gizi pada remaja putri SMU Negeri 8 Batanghari Jambi tahun 2009 = The Relationship between body image, consumption pattern and physical activity with nutritional status among teenagers of senior high schools Student at SMU Negeri 8 Batanghari Jambi in 2009

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## Abstrak

Remaja mempunyai masalah dengan citra tubuh (body image), gaya hidup, pola makan tidak teratur dan faktor lain seperti aktifitas fisik. WHO (2003) melaporkan di Asia dan Afrika Selatan wanita usia subur (WUS) yang mengalami kekurangan energi kronik (KEK) sebanyak 21-51%. Di Indonesia berdasarkan hasil Riskesdas tahun 2007 diketahui prevalensi KEK pada WUS sebesar 13,6%, di Jambi prevalensi KEK pada WUS 9,4%, prevalensi obesitas umum pada perempuan usia 15 tahun ke atas 18,6% dan di Batanghari remaja putri usia 15 tahun keatas dengan IMT kurus 22,9%, obesitas 8,9%.

Tujuan dari penelitian ini yaitu untuk mengetahui hubungan citra tubuh (body image), pola konsumsi dan aktifitas fisik dengan status gizi pada remaja putri SMU Negeri 8 Batanghari Propinsi Jambi tahun 2009. Disain penelitian yang digunakan adalah cross sectional. Sampel penelitian yaitu 188 orang remaja putri kelas X, XI dan XII SMU Negeri 8 Batanghari. Penelitian ini dilaksanakan pada bulan Oktober-November 2009 dengan mengambil data primer melalui pengisian kuesioner tentang citra tubuh, pola konsumsi dan aktifitas fisik serta pengukuran tinggi badan menggunakan microtoice dan pengukuran berat badan dengan timbangan seca. Analisis data menggunakan uji chi square.

Hasil penelitian menunjukkan remaja putri dengan status gizi kurang 8 orang (4,3%), gizi lebih 19 orang (10,1%), obesitas 9 orang (4,8%) dan dengan status gizi normal 152 orang (80,9%). Remaja putri yang tidak distorsi citra tubuh (90,4%), dan yang mengalami distorsi (9,6%). Pola konsumsi makan utama 2-3 kali sehari sebanyak (97,9%), 1 kali sehari sebanyak (2,1%). Frekuensi makan siap saji sering sebanyak (29,8%), jarang sebanyak (70,2%). Makan pagi sering sebanyak (38,2%), jarang sebanyak (6,8%). Kebiasaan makan makanan jajanan sering sebanyak (72,3%), jarang sebanyak (27,7%). Untuk aktifitas fisik olah raga sering sebanyak (5,9%), jarang sebanyak (94,1%). Waktu menonton tv atau main kompuer/game lama sebanyak (63,2%), sebentar sebanyak (36,2%). Waktu tidur lama sebanyak (62,2%), sebentar sebanyak (37,8%).

Ada hubungan yang bermakna antara citra tubuh (body image) dengan status gizi dengan p value = 0,000 ( $p < 0,05$ ). Tidak ada hubungan yang bermakna antara pola konsumsi dan aktifitas fisik dengan status gizi. Disarankan kepada remaja putri makan dengan pola gizi seimbang, sarapan pagi, olah raga secara teratur dan istirahat yang cukup. Sekolah diharapkan mengadakan pendidikan kesehatan, mengaktifkan UKS dan bekerjasama dengan petugas kesehatan.

.....Adolescents have body image problem, life style, irregular pattern of consumption, and others factors like physical activity WHO (2003) reported in Asia and South Africa, productive women which feel less of chronicle energy were 21-51%. In Indonesia, According Primary Health Research (Riskesdas at 2007), less of chronicle energy at reproductive women (Muach  $< 23.5$  cm) was 13,6%. In Jambi less of chronicle energy prevalens was 9,4 %, general obesity prevaless at women more than 15 years old is 18,6% and in Batanghari, girls which are more than 15 years old had body mass index that underweight were 22,9% and obesity were

8,9%.

The goal of this study was to know The Relationship Among Body Image, Consumption Pattern And Physical Activity With Nutritional Status Among Senior High School Student At SMU Negeri 8 Batanghari Jambi In 2009. Design of study was cross sectional Samples were 188 student at X class, XI class dan XII class SMU Negeri 8 Batanghari. This study was done at October-November in 2009 by using primary data and filling questioner about body image, consumption pattern and physical activity measuring the height with microtoise and measuring the weight with seca pairs of scales, data analisis used chi square test.

The result of study indicate that underweight students were 8 (4.3%), overweight students are 19 person (10,1%), obesity students were 9 person (4.8%) and the normal weight with normally nutrient status are 152 person (80,9%). The respondent which are not distortion of body image are 170 person (90,4%), and having distortion 18 person (9,6%) The main food of consumption pattern was 2-3 times a day was (97,9%), once in a day (2,1%). Fast food were often (29,8%) and rarely (70,2%). Breakfasts was often (38,2%) and rarely (6,8%). For having Snack was often (72,3%) and rarely (27,7%). Physical activity which were often doing sport (5,9%) and rarely (94,1%). Watching television or playing game in computer was long time (63,2%), short time (36,2%). Time for sleeping was long (62,2%) and short time (37,8%).).

There was a significant relationship between body image and nutritional status ( $p$  value = 0,000,  $p < 0,05$ ).

There is no relationship between consumption pattern and physical activity and nutritional status. Suggested to teenager to comsump the balance nutritional food, breakfast, regulary exercise and enough resting. School was hoped to make healthy education, activated UKS and cooperated with professional health provider.