

Hubungan antara karakteristik, pengetahuan, dan body image dengan perilaku makan pada mahasiswi Fakultas Kesehatan Masyarakat Universitas Indonesia = The relationship between characteristics, knowledge, and body image with eating behavior in students of the Faculty of Public Health, University of Indonesia

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Abstrak

Penelitian ini menjelaskan tentang hubungan antara karakteristik, pengetahuan, dan body image dengan perilaku makan pada mahasiswi Fakultas Kesehatan Masyarakat Universitas Indonesia. Penelitian ini menggunakan metode kuantitatif dengan desain studi korelasional. Penelitian ini menggunakan teknik Quota Sampling yang diikuti sebanyak 120 responden dengan mengisi kuesioner daring berbasis google form. Hasil analisis univariat penelitian menunjukkan bahwa (52%) mahasiswi FKM UI memiliki perilaku makan baik, (54%) mahasiswi FKM UI memiliki pengetahuan gizi kurang, (49%) mahasiswi FKM UI dikategorikan body image positif, (53%) mahasiswi FKM UI menggunakan media sosial dengan intensitas tinggi. Hasil uji chi square pada variabel pengetahuan gizi dan penggunaan media sosial dengan perilaku makan menunjukkan bahwa tidak terdapat hubungan karena memiliki p-value >0,05. Sedangkan hasil uji chi square pada variabel body image dengan perilaku makan menunjukkan bahwa keduanya memiliki hubungan yang signifikan dengan p-value <0,05.

.....This study describes the relationship between characteristics, knowledge, and body image with eating behavior in students of the Faculty of Public Health, University of Indonesia. This study uses a quantitative method with a correlational study design. This study uses the Quota Sampling technique which was followed by 120 respondents by filling out a bold questionnaire based on google form. The results of the univariate analysis showed that 52% FKM UI students had good eating behavior, 54% FKM UI students had poor nutritional knowledge, 49% FKM UI students were categorized as positive body image, 53% FKM UI students used high intensity social media. The results of the chi square test on the variables of nutritional knowledge and the use of social media with eating behavior showed that there was no relationship because it had p-value >0.05. While the results of the chi square test on the body image variable with eating behavior showed that both had a significant relationship with p-value <0.05.