

POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN GIZI
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**Gambaran Pengetahuan Tentang Gizi Seimbang, *Body Image* dan Status Gizi
Pada Remaja di SMA Negeri 1 Abung Semuli**

xiii + 47 halaman + 17 tabel, 2 gambar, 10 lampiran

ABSTRAK

Masa remaja adalah masa kritis dalam perkembangan fisik dan psikologis, dan nutrisi yang tepat dan cukup sangat penting untuk meningkatkan kesehatan. Kekurangan gizi pada remaja dapat menyebabkan berbagai masalah kesehatan, seperti anemia dan penurunan daya tahan tubuh, yang dapat berdampak jangka panjang terhadap kualitas hidup mereka. Tujuan penelitian ini adalah untuk mendeskripsikan pengetahuan remaja tentang gambaran gizi seimbang, persepsi citra tubuh, dan status gizi pada remaja.

Penelitian ini menggunakan metode deskriptif. Subyek penelitian adalah remaja berusia 15 sampai 18 tahun berjumlah 85 remaja dari SMA Negeri 1 Abung Semuli Kab. Lampung Utara, menggunakan teknik *Proporsional Random Sampling*. Informasi mengenai pengetahuan responden tentang makan seimbang dan citra diri dikumpulkan melalui kuesioner, dan status gizi dinilai menggunakan indeks massa tubuh menurut umur yang dihitung dari pengukuran berat badan dan tinggi badan.

Hasil penelitian menunjukkan bahwa 63,5% siswa memiliki tingkat pengetahuan gizi seimbang dalam kategori cukup, 27,1% kurang, dan 9,4% baik; sebanyak 60% siswa memiliki *body image* rendah dan 40% sedang; serta 75,3% siswa memiliki status gizi baik, 4,7% gizi kurang, 12,9% gizi lebih, dan 7,1% obesitas. Kesimpulannya, mayoritas siswa memiliki pengetahuan gizi yang cukup dan status gizi yang baik, namun banyak yang memiliki persepsi citra tubuh rendah, menunjukkan perlunya perhatian khusus terhadap edukasi tentang gizi seimbang dan citra tubuh. Oleh karena itu, disarankan diadakan program edukasi gizi dan *body image* yang lebih intensif di sekolah, serta kolaborasi dengan tenaga kesehatan untuk pemantauan status gizi dan promosi gaya hidup sehat secara berkala.

Kata Kunci: Pengetahuan, *Body Image*, Status Gizi, Remaja
Daftar Bacaan: 35 (2013-2024)

HEALTH POLYTECHNIC OF TANJUNGKARANG
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Description of Knowledge about Balanced Nutrition, Body Image and Nutritional Status of Adolescents at SMA Negeri 1 Abung Semuli

xiii + 47 pages + 17 table, 2 picture, 10 attachments

ABSTRACT

Adolescence is a critical period in physical and psychological development, and proper and adequate nutrition is essential to promote health. Malnutrition in teenagers can cause various health problems, such as anemia and a reduced immune system, which can have long-term impacts on their quality of life. The aim of this research is to describe adolescents' knowledge about the image of balanced nutrition, perceptions of body image and nutritional status in adolescents.

This research uses descriptive methods. The research subjects were 85 teenagers aged 15 to 18 years from SMA Negeri 1 Abung Semuli Kab. North Lampung, using proportional random sampling technique. Information regarding respondents' knowledge about balanced eating and self-image was collected through questionnaires, and nutritional status was assessed using body mass index for age calculated from measurements of body weight and height.

The results of the study showed that 63.5% of students had a moderate level of knowledge regarding balanced nutrition, 27.1% had low knowledge, and 9.4% had good knowledge; 60% of students had a low body image and 40% had a moderate body image; and 75.3% of students had a good nutritional status, while 4.7% were undernourished, 12.9% were overweight, and 7.1% were obese. In conclusion, most students had sufficient knowledge about balanced nutrition and good nutritional status, but many had a low body image perception, indicating the need for special attention to nutrition education and body image. Therefore, it is recommended to implement more intensive and comprehensive nutrition and body image education programs in schools, as well as collaboration with health professionals to monitor students' nutritional status and promote a healthy and active lifestyle on a regular basis.

Keywords: Knowledge, Body Image, Nutritional Status, Adolescents
Reading List: 35 (2013-2024)