

HUBUNGAN *BODY IMAGE* DAN PERILAKU *EMOTIONAL EATING* DENGAN STATUS GIZI PADA REMAJA DI SMA NEGERI 6 DEPOK

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Abstrak

Berdasarkan SKI 2023, remaja Indonesia menghadapi *double burden of malnutrition*. Status gizi remaja bersifat multifaktorial, di mana variabel psikologis seperti *body image* dan kecenderungan *emotional eating* memegang peranan penting di dalamnya. Penelitian ini ditujukan untuk menganalisis hubungan *body image* dan perilaku *emotional eating* dengan status gizi pada remaja di SMA Negeri 6 Depok. Sebanyak 153 responden dipilih dengan *convenience sampling* berpartisipasi dalam penelitian *cross-sectional* ini. *Body image* mengaplikasikan instrumen FRS dan BSQ-34, sedangkan *emotional eating* diukur memakai DEBQ-13, adapun status gizi dinilai berdasarkan IMT/U. Analisis data menggunakan uji *Pearson Chi-Square*. Hasil menunjukkan masih ditemukannya beban gizi ganda dengan prevalensi gizi lebih 43,1% dan gizi kurang 3,9%. Hasil uji statistik mengonfirmasi hubungan yang bermakna antara *body image* dan *emotional eating* dengan status gizi ($p < 0,05$). Mayoritas responden memiliki persepsi *body image* negatif (62,7%), terutama pada kelompok gizi lebih. Namun, evaluasi BSQ-34 mencatat ketidakpuasan tubuh sebesar 57,5% yang didominasi kategori ringan (43,1%), seiring dengan temuan FRS yang menunjukkan keinginan pergeseran 1–2 siluet pada sebagian besar subjek. Selain itu, sebanyak 50,3% responden memiliki kecenderungan *emotional eating* yang lebih banyak ditemukan pada kelompok gizi lebih (81,8%). Sehingga, *body image* dan *emotional eating* terbukti memiliki hubungan dengan status gizi siswa remaja di SMAN 6 Depok.

Kata Kunci: *Body image*, *Emotional eating*, Remaja, Status gizi

THE RELATIONSHIP BETWEEN BODY IMAGE AND EMOTIONAL EATING BEHAVIOR WITH NUTRITIONAL STATUS OF ADOLESCENTS AT STATE SENIOR HIGH SCHOOL 6 DEPOK

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Abstract

Indonesian youth struggle with a dual burden of malnutrition, as reported by the 2023 Indonesian Health Survey (SKI). Adolescent nutritional status is multifactorial, with psychological factors such as body image and emotional eating playing important roles. This research evaluated how body image and emotional eating relate to the nutritional status of SMAN 6 Depok students. A total of 153 respondents were recruited using convenience sampling in this cross-sectional study. Body image, emotional eating, and nutritional status were assessed using the FRS and BSQ-34, DEBQ-13, and BMI/A, respectively. Data were analyzed using the Pearson Chi-Square test. The findings showed the persistence of the double burden of malnutrition, with 43.1% of respondents classified as overweight and 3.9% as undernourished. Significant associations were found between body image, emotional eating, and nutritional status ($p < 0.05$). Negative body image was reported by 62.7% of respondents, particularly among those with overweight. BSQ-34 identified body dissatisfaction in 57.5% of respondents, predominantly mild (43.1%), while FRS indicated a desired shift of 1-2 body silhouettes in most respondents. Emotional eating tendency was found in 50.3% of respondents and was more common among those with overweight (81.8%). Both body image and emotional eating showed a significant link to adolescent nutritional status.

Keywords: Adolescents, Body image, Emotional eating, Nutritional status