

HUBUNGAN CITRA TUBUH, PAPARAN INFORMASI MENGENAI *FAD DIET* DI MEDIA SOSIAL, DAN STATUS GIZI DENGAN KONSUMSI ZAT GIZI MAKRO PADA REMAJA PUTRI DI SMAN 71 JAKARTA

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Abstrak

Masa remaja merupakan periode pertumbuhan ditandai dengan peningkatan kebutuhan zat gizi. Remaja putri lebih rentan terhadap masalah gizi karena mengalami perubahan biologis yang lebih kompleks. Paparan media sosial yang menampilkan standar kecantikan ideal serta informasi mengenai *fad diet* dapat memengaruhi citra tubuh dan perilaku makan sehingga berpotensi memengaruhi konsumsi zat gizi makro. Status gizi juga berperan dalam perilaku konsumsi melalui mekanisme pengaturan nafsu makan dan keseimbangan energi. Tujuan penelitian adalah mengetahui hubungan antara citra tubuh, paparan informasi *fad diet* di media sosial, dan status gizi dengan konsumsi zat gizi makro pada remaja putri di SMAN 71 Jakarta. Desain penelitian *cross-sectional* dengan teknik pengambilan sampel *stratified random sampling* dan jumlah sampel sebanyak 108 responden. Analisis uji *Chi-Square* menunjukkan terdapat hubungan antara citra tubuh ($p=0,000$), durasi ($p=0,000$), frekuensi ($p=0,000$), pengaruh paparan ($p=0,002$), perilaku *fad diet* ($p=0,000$), dan status gizi ($p=0,000$) dengan konsumsi protein. Terdapat hubungan antara citra tubuh ($p=0,021$), pengaruh paparan ($p=0,009$), dan perilaku *fad diet* ($p=0,045$) dengan konsumsi lemak namun tidak terdapat hubungan antara durasi ($p=0,058$), frekuensi paparan ($p=0,093$), dan status gizi ($p=0,145$) dengan konsumsi lemak. Tidak terdapat hubungan antara citra tubuh ($p=0,646$), durasi ($p=0,236$), frekuensi ($p=0,156$), pengaruh paparan ($p=0,393$), perilaku *fad diet* ($p=0,677$), dan status gizi ($p=0,111$) dengan konsumsi karbohidrat.

Kata kunci: Citra tubuh, konsumsi zat gizi makro, paparan informasi *fad diet*, remaja putri, status gizi

THE ASSOCIATION BETWEEN BODY IMAGE, EXPOSURE TO FAD DIET INFORMATION ON SOCIAL MEDIA, AND NUTRITIONAL STATUS WITH MACRONUTRIENT INTAKE AMONG ADOLESCENT GIRLS AT SMAN 71 JAKARTA

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Abstract

Adolescence is a period of rapid growth characterized by increased nutritional requirements. Adolescent girls are more vulnerable to nutritional problems due to more complex biological changes. Exposure to social media that promotes ideal beauty standards and disseminates information about fad diets may influence body image and eating behaviors, thereby potentially affecting macronutrient intake. Nutritional status also plays a role in dietary behavior through mechanisms involving appetite regulation and energy balance. This study aimed to examine the association between body image, exposure to fad diet information on social media, nutritional status, and macronutrient intake among adolescent girls at SMAN 71 Jakarta. The research design used is cross-sectional with a stratified random sampling technique, involving 108 respondents. The Chi-Square analysis revealed significant associations between body image ($p=0,000$), duration of exposure ($p=0,000$), frequency of exposure ($p=0,000$), the influence of exposure ($p=0,002$), fad diet behavior ($p=0,000$), nutritional status ($p=0,000$) and protein intake. Significant associations were also found between body image ($p=0,021$), the influence of exposure ($p=0,009$), fad diet behavior ($p=0,045$), and fat intake. However, no significant associations were found between duration of exposure ($p=0,058$), frequency of exposure ($p=0,093$), nutritional status ($p=0,145$), and fat intake. Furthermore, no significant associations were found between body image ($p=0,646$), duration of exposure ($p=0,236$), frequency of exposure ($p=0,156$), the influence of exposure ($p=0,393$), fad diet behavior ($p=0,677$), nutritional status ($p=0,111$), and carbohydrate intake.

Keywords: Adolescent girls, body image, exposure to fad diet information, macronutrient intake, nutritional status