

ABSTRACT

The Relationship of Peer Influence and Body Image to Nutritional Status of Premarital Reproductive Age Women at MAN 1 Central Lampung, Terbanggi Besar, Lampung Tengah

By

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Background: Based on Riskesdas 2013, the prevalence of overweight and emaciation on reproductive age women 16-18 years was 1.4% rose to 7.3%. and 8.9% rose to 9.4% respectively. Nutritional status issues could be affected by body image and peer influence.

Objective: To determine the relationship of peer influence to the nutritional status and the relationship of body image to nutritional status.

Method: This study was a cross sectional study conducted in October-November 2016 at MAN 1 of Central Lampung. Respondents was reproductive age women on range of 15-18 years old, able to communicate, unmarried, has no chronic illness, and not pregnant. The total of respondents were 115 students that obtained by unpaired categorical comparative analytic formula. The variables were body image, peer influence, and nutritional status. Body image was measured by Body Shape Questionnaire, peers influence was measured by Peer Influence Scale and nutritional status was obtained from body mass index. The data were analyzed in univariate and bivariate by using Chi Square and Fisher Exact.

Results: Based on univariate analysis, the results were 64.3% of respondents with normal nutritious, 22.6% with over nutritious and 13.1% with less nutritious. On body image analysis found 73.9% of respondents feeling satisfied and 26.1% unsatisfied. On peers influence analysis found 89.4% of respondents were not influenced and 10.4% of respondents were influenced. Based on bivariate analysis, there was relationship between body image and nutritional status ($p = 0.001$), while there wasn't relationship between peer influence and nutritional status ($p = 0.517$).

Conclusion: There was a significant relationship between body image on the nutritional status of women of prenuptial childbearing women, whereas there was no significant relationship between peers on the nutrional status.

Keywords: Body image, nutritional status, peers influence

ABSTRAK

Hubungan Teman Sebaya dan Citra Tubuh terhadap Status Gizi Wanita Usia Subur Pranikah di MAN 1 Lampung Tengah

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Latar Belakang: Berdasarkan Riskesdas 2013, prevalensi kegemukan dan kekurusan pada wanita usia subur (WUS) berumur 16-18 tahun mengalami kenaikan dari 1,4% menjadi 7,3% pada kegemukan dan 8,9% menjadi 9,4% pada kekurusan. Hal ini terjadi karena terdapat faktor yang dapat mempengaruhi status gizi yaitu citra tubuh dan teman sebaya.

Tujuan: Untuk mengetahui hubungan teman sebaya terhadap status gizi dan hubungan citra tubuh terhadap status gizi.

Metode: Penelitian ini merupakan penelitian dengan desain *cross sectional* yang dilaksanakan pada bulan Oktober-November 2016 di MAN 1 Lampung Tengah. Responden merupakan WUS dengan rentang usia 15-18 tahun, belum menikah, dapat berkomunikasi dengan baik, tidak menderita penyakit kronis dan tidak hamil. Responden berjumlah 115 responden yang didapatkan dengan rumus analitik komparatif kategorik tidak berpasangan. Pada penelitian ini terdapat 3 variabel yaitu citra tubuh, teman sebaya, dan status gizi. Variabel citra tubuh diukur dengan *Body Shape Questionnaire-34*, variabel teman sebaya diukur dengan *Peer Influence Scale*, dan variabel status gizi diukur dengan indeks masa tubuh. Data yang terkumpul dianalisis secara univariat dan bivariat dengan *Chi Square* dan *Fisher Exact*.

Hasil: Berdasarkan analisis univariat didapatkan gambaran status gizi sebagian 64.3% bergizi normal, 22.6% bergizi lebih dan 13.1% bergizi kurang. Pada gambaran citra tubuh, didapatkan 73.9% puas dan 26.1% tidak puas. Pada gambaran teman sebaya didapatkan 89.4% tidak berpengaruh dan 10.4% berpengaruh. Berdasarkan analisis bivariat, terdapat hubungan antara citra tubuh dan status gizi ($p = 0.001$) dan tidak terdapat hubungan antara teman sebaya dan status gizi ($p = 0.517$).

Simpulan: Terdapat hubungan bermakna antara citra tubuh terhadap status gizi wanita usia subur pranikah, sedangkan tidak terdapat hubungan bermakna antara teman sebaya terhadap status gizi.

Kata kunci: Citra tubuh, status gizi, teman sebaya