

ABSTRACT

THE RELATIONSHIP BETWEEN BODY IMAGE AND MACRONUTRIENT INTAKE WITH NUTRITIONAL STATUS AMONG FIRST-YEAR FEMALE STUDENTS OF THE FACULTY OF MEDICINE UNIVERSITY OF LAMPUNG

By

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Background: Malnutrition is a potential issue among female university students, and nutritional status may be influenced by factors such as body image and macronutrient intake. Therefore, this study is crucial and aims to analyze the relationship between body image and macronutrient intake (energy, protein, fat, and carbohydrate) with nutritional status among first-year female students at the Faculty of Medicine, Lampung University, in 2025.

Methods: This study employed a cross-sectional design with a sample of 68 female students. Body image was assessed using the Multidimensional Body-Self Relation Questionnaire – Appearance Scales (MBSRQ-AS), while macronutrient intake was obtained through a 2×24 hour food recall interview. Nutritional status was determined based on BMI. Fisher-Freeman-Halton Test was utilized to analyze the relationships between variables.

Results: Among the 68 first-year female students, 80,88% exhibited abnormal nutritional status with 44,12% classified as underweight. 92,65% exhibited a negative body image. Macronutrient intake was mostly inadequate: energy (97,06%), protein (69,12%), fat (83,82%), and carbohydrate (97,06%). The analysis indicated that negative body image was significantly associated with malnutrition ($p = 0,04$), whereas intakes of energy, protein, fat, and carbohydrates showed no statistically significant association ($p \geq 0,05$).

Conclusions: Based on these findings, negative body image is significantly associated with malnutrition, while macronutrient intake is not statistically significant regarding the incidence of malnutrition among female students.

Keywords: Body Image; Macronutrient Intake; Medical Students; Nutritional Status.

ABSTRAK

HUBUNGAN CITRA TUBUH (*BODY IMAGE*) DAN ASUPAN MAKRONUTRIEN DENGAN STATUS GIZI PADA MAHASISWI TAHUN PERTAMA FAKULTAS KEDOKTERAN UNIVERSITAS LAMPUNG

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Latar Belakang: Malnutrisi dapat terjadi pada kalangan mahasiswi dan status gizi mahasiswi dapat dipengaruhi oleh faktor-faktor seperti citra tubuh dan asupan makronutrien. Oleh karena itu penelitian ini menjadi penting dan bertujuan menganalisis hubungan citra tubuh dan asupan makronutrien (energi, protein, lemak, karbohidrat) dengan status gizi pada mahasiswi tahun pertama Fakultas Kedokteran Universitas Lampung 2025.

Metode Penelitian: Penelitian menggunakan desain *cross-sectional* dengan 68 mahasiswi sebagai sampel. Citra tubuh diukur menggunakan kuesioner *Multidimensional Body-Self Relations Questionnaire–Appearance Scales* (MBSRQ-AS), sedangkan asupan makronutrien diperoleh melalui wawancara *food recall 2×24 jam*. Status gizi ditentukan berdasarkan IMT. Uji *Fisher-Freeman-Halton* digunakan untuk melihat hubungan antarvariabel.

Hasil Penelitian: Dari 68 mahasiswi tahun pertama, 80,88% dengan status gizi tidak normal dengan *underweight* yang menjadi persentase terbanyak yaitu 44,12%. 92,65% memiliki citra tubuh negatif. Asupan makronutrien sebagian besar tidak adekuat: energi 97,06%, protein 69,12%, lemak 83,82%, dan karbohidrat 97,06%. Analisis menunjukkan citra tubuh negatif berhubungan signifikan dengan malnutrisi ($p = 0,014$), sedangkan asupan energi, protein, lemak, dan karbohidrat tidak menunjukkan hubungan bermakna ($p > 0,05$).

Kesimpulan: Berdasarkan hasil penelitian ini, citra tubuh negatif memiliki hubungan yang signifikan terhadap malnutrisi, sementara asupan makronutrien tidak memiliki makna yang signifikan secara statistik terhadap kejadian malnutrisi pada mahasiswi.

Kata Kunci : Asupan Makronutrien; Citra Tubuh; Mahasiswi Kedokteran; Status Gizi.