

ABSTRAK

Latar Belakang. *Body image*, yang mencerminkan persepsi individu terhadap tubuhnya telah diketahui dapat mempengaruhi pola makan. Remaja sering kali menjadi rentan terhadap tekanan sosial untuk mencapai standar kecantikan tertentu. Hal ini dapat mempengaruhi *body image* serta pola makan mereka.

Tujuan. Mengetahui hubungan *body image* dengan pola makan pada remaja di SMA Harapan 1 Medan.

Metode. Jenis penelitian ini adalah penelitian *observasional analitik* dengan desain *cross-sectional* dengan metode *proporsional random sampling* sebanyak 89 sampel. Data diperoleh dari kuesioner *multidimensional Body Self Relations Questionnaire – Appearance Scale* dan *food frequency questionner*. Analisis data menggunakan uji Sommers'd.

Hasil. Penelitian ini menggunakan analisis univariat dan bivariat. Dari seluruh sampel yang berjumlah 89 siswa, didapatkan bahwa mayoritas responden sebanyak 31 orang (34,8%) memiliki pola makan yang kurang, dan sebanyak 57 orang (64%) responden puas terhadap *body image* nya. Analisis bivariat menunjukkan hubungan yang signifikan antara *body image* dan pola makan ($p= 0,018$).

Kesimpulan. Terdapat terdapat hubungan yang signifikan antara *body image* dengan polamakan di SMA Harapan 1 Medan.

ABSTRACT

Backgrounds. *Body image that reflect individual perceptions of their bodies have been known to influence dietary patterns. Teenagers are often vulnerable to social pressure to certain standards of beauty. This can affect their body image as well as their diet.*

Aim. *The aim of this research is to determine the relationship between body image and eating patterns in adolescents at SMA Harapan 1 Medan.*

Methods. *This type of research is analytical observational research with a cross-sectional design with a proportional random sampling method of 89 samples. Data was obtained from the multidimensional questionnaire Body Self Relations Questionnaire – Appearance Scale and food frequency questionnaire. Data analysis used the Sommers' d test.*

Results. *This study uses univariate and bivariate analysis. From the entire sample of 89 students, it was found that the majority of respondents, 31 respondents (34,8%) had a poor diet, and 57 respondents (64%) were satisfied with their body image.*

Conclusions. *There is a significant relationship between body image and eating patterns at SMA Harapan 1 Medan (p value = 0,018).*