


The Relationship Between Body Image and Eating Patterns with Nutritional Status in Adolescent Women in Village II, Bakaran Village Stone Batang Kuis District

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Article Info	ABSTRACT
<p>Article history: Received July 22, 2023 Revised July 27, 2023 Accepted August 22, 2023</p> <hr/> <p>Corresponding Author: Erin Padilla Siregar Sekolah Tinggi ilmu Kesehatan Mitra Husada Medan, Indonesia Email: erinpadillasiregar1986@gmail.com</p>	<p>The purpose of this study was to determine the relationship between body image and eating patterns with the nutritional status of female adolescents. This research is analytic descriptive in nature with a cross sectional survey approach. This research was conducted from February to June with a population of 68 and a sample of all respondents and sampling using total sampling with a research instrument, namely a questionnaire. Data management by means of editing, coding, tabulating, and data entry based on research results: the nutritional status of the majority of respondents who had abnormal nutrition 57 respondents (83.8%), the majority's diet had an unbalanced diet 55 Respondents (80.9%), the body image of the majority of respondents has negative traits 51 respondents (75.0%). The results of the research on the relationship between Body Image and Nutritional Status show that the statistical test results obtained the Odd Ratio (OR) = 14.222.95% CI = 3.155 – 64.112 and the P value was 0.000 <0.05, which means that there is a significant relationship between Body Image and Nutritional Status in young women. The relationship between diet and nutritional status shows that the statistical test results obtained an odds ratio (OR) = 8.571.95% CI = 2.059 – 35.683 and a P. value of 0.004 <0.05, which means that there is a significant relationship between diet and nutritional status in adolescents daughter. For Adolescents It is necessary to improve perceptions of body image and ways to maintain weight without disrupting eating patterns. Wise in accessing information media to seek knowledge about good nutrition and more careful in capturing messages from peers if they receive information.</p> <p>Keywords: <i>Body Image, Diet, Nutritional</i></p> <p>This article is licensed under a Creative Commons Attribution 4.0 International License.</p> 

1. INTRODUCTION

Adolescence is a developmental transitional age from childhood to adulthood, ages between 10-24 years etymologically, youth means, "growing into adulthood" definition of youth (adolescence) according to the World Health Organization (WHO) is the age period between 10-19 years while the United Nations (UN) mentions youth (youth) for ages between 15 to 24 years. Meanwhile, according to The Health Resources and Services Administration Guidelines of the United States, the age range of adolescents is 11-12 years and is divided into three stages, namely early adolescence (11-14 years), middle adolescence (15-17), and late adolescence (11-14 years). 18-21 years)

The most common nutritional problem in adolescents is a lack of nutritional intake which results in malnutrition, namely being too thin and can get anemia due to iron deficiency. In addition, the nutritional problems that often arise are excess nutrient intake which can lead to obesity. Obesity is a serious threat to health, the condition of obesity will bring several consequences, such as discrimination from friends, negative self-image, lack of social skills and depression.

Diet is a factor that directly influences nutritional status. Diet can be judged directly from the quantity and quality of dishes eaten. However, eating patterns are formed very closely related to eating habits, a balanced diet and the selection of the right ingredients. Young women are often affected by unhealthy eating patterns, they want drastic weight loss by going on a strict diet even to the point of disrupting eating patterns. A balanced diet that is in accordance with the needs accompanied by the selection of the right food ingredients will produce good nutritional status. Food intake that exceeds body weight requirements and other diseases are caused by excess nutrients.

Based on data from Basic Health Research in 2013, the prevalence of thin adolescents is relatively the same, while obesity has increased. Nationally, the prevalence of wasting in adolescents aged 16-18 years is 9.4% (1.9% is very thin and 7.5% is thin). The prevalence of obesity in adolescents aged 16-18 years is 7.3%, consisting of 5.7% being fat and 1.6% being obese. In more detail, the prevalence of thin adolescents was relatively the same in 2007 and 2013, and the prevalence of very thin increased by 0.4%. On the other hand, the prevalence of obesity increased from 1.4% (2007) to 7.3% of people

Based on the results of research conducted by Savitri, entitled *The Relationship between Body Image and Eating Behavior with Nutritional Status in Young Girls at SMA Negeri 104 Jakarta, 2019* The results of the analysis show that body image ($p=0.000$), eating behavior restraint eating ($p=0.002$), and external eating ($p=0.033$) has a relationship to the nutritional status of young women ($p<0.05$) and there is no relationship between emotional eating ($p=0.353$) and nutritional status

The results of a survey conducted in Hamlet II, Bakaran Batu Village, Batang Kuis, Deli Serdang Regency in 2021 on February 5, 2021, found 10 young women whose eating patterns were irregular, namely not having breakfast, skipping lunch/dinner or not eating all day with the aim of diet to get a slim body, From the survey there were teenagers who complained of not being confident with their appearance because they were overweight and found it difficult to accept when teenagers were criticized by others, as a result teenagers tried to find solutions by making changes such as changing the frequency of food and the amount of food eaten consumed with the aim of losing weight so as to make nutrition worse.

Based on the description above, the researcher is interested in conducting research in Hamlet II, Bakaran Batu Village, Batang Kuis. Researchers will conduct research on "The relationship between body image and eating patterns with nutritional status in Hamlet II, Bakaran Batu Village, Sub-District of Batang Kuis

2. METHOD

Participants and settings

The population is the entire research object under study. The population in this study were all young women, totaling 68 people in Hamlet II, Bakaran Batu Village, Batang Kuis District.

Instrument

In carrying out this research, researchers used aspects of measurement in the form of questionnaires that had been prepared by researchers. Based on the relationship between body image and diet and nutritional status of young women in Hamlet III, Bakaran Batu Village, Batang Kuis District, 2021.

This questionnaire consists of 18 questions where the measurement is assessed from the percentage of young women in answering the questions.

a. Nutritional status

Research on nutritional status using weight and height scales.

1. Normal Nutritional Status: BMI > 18.5 – 25
2. Abnormal Nutritional Status: Malnourished BMI <17-18.5,
3. over nutrition 25.1/>27)

b. Body image

Research on body image questionnaire answers using data for correct answers is given a value of 12.5 and wrong answers are given a value of 0

1. Negative
2. If the respondent answered about 1-3 questions with a percentage of > 50%.
3. Positive
4. If the respondent answers questions 4-8 with a percentage of 50-100%

c. Dietary habit

Questionnaire answer research on eating habits using data for correct answers is given a value of 10 and wrong answers are given a value of 0.

1. Unbalanced
2. If the respondent answered questions around 5-1 with a percentage of < 50%.
3. 2) Balanced

If the respondent answers questions 6-10 questions with a percentage of > 50-100%.

Procedure

carried out by means of Univariate and Bivariate by presenting the data that has been collected in the frequency distribution table. Data analysis is continued by discussing the results of research using library theory.

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1) Univariate Analysis (Descriptive Analysis)

Aims to explain or describe the characteristics of each research variable [9]

2) Bivariate analysis

If the univariate analysis has been carried out, the results will know the characteristics or distribution of each variable, and bivariate analysis can be continued which is carried out on two variables that are suspected to be related or correlated if the value $\alpha < 0.05$ means there is a significant relationship, if the value $\alpha > 0, 05$ means that there is no relationship between one variable and another variable. All data is input into the application.

4. RESULTS AND DISCUSSIONS

Results

The results of the research on "The Relationship between Body Image and Diet with Nutritional Status in Young Women in Hamlet II, Bakaran Batu Village, Batang Kuis District" obtained the following results

The Relationship between Body Image and Diet with Nutritional Status of Young Women in Hamlet II, Bakaran Batu Village, Batang District Kuis

Table 1. Nutritional Status

Body Image	Nutritional status				Total		OR (95%CI)	P value
	Gizi tidak Normal		Gizi Normal					
	N	%	N	%	N	%		
Negatif	48	94.1	3	5.9	51	50	14.222 (3.155-64.112)	0.000
Positif	9	52.9	8	47.1	17	50		
Total	57	83.8	11	16.2	68	100		

Based on the table above it is known that out of 51 adolescents who have abnormal nutritional status 48 (94.1%), and who have normal nutritional status 3 Respondents (5.9%) with a negative body image of 17 adolescents who have abnormal nutritional status 9 respondents (52.9%) and those with normal nutritional status 8 Respondents (47.1%) with a positive body image. From the statistical test results, the Odd Ratio (OR) value = 14,222.95% CI = 3,155 – 64,112 and P value 0,000 <0.05, which means that there is a significant relationship between body image and nutritional status in young women

The Relationship between Diet and Nutritional Status in Young Women in Hamlet II, Bakaran Batu Village, Batang Kuis District

Table 2. Diet and Nutritional Status

Pola Makan	Status Gizi				Total		OR (95%CI)	P value
	Gizi tidak Normal		Gizi Normal					
	N	%	N	%	N	%		
Tidak seimbang	50	90.9	5	9.1	55	50	8.571 (2.059-53.683)	0.004
Seimbang	7	53.8	6	46.2	13	50		
Total	57	83.8	11	16.2	68	100		

Based on the table above it is known that out of 55 adolescents who have abnormal nutritional status 50 respondents (90.0%) and who have normal nutritional status 5 respondents (9.1%) with an unbalanced diet out of 13 adolescents who have abnormal nutritional status 7 respondents (53.8%) and who have normal nutritional status 6 respondents (46.2%) with a balanced diet. From the statistical test results, the Odds Ration (OR) value = 8.571.95% CI = 2.059 – 35.683 and P. value 0.004 <0.05, which means that there is a significant relationship between diet and nutritional status in young women

Discussion

Based on the findings of the research results, the discussion can be described as follows: The emergence of nutritional problems in adolescents is basically due to wrong nutritional behavior, namely an imbalance between nutrient consumption and recommended nutritional adequacy. If nutrient consumption is always less than adequate, a person will experience malnutrition. Conversely, if consuming more than adequacy will suffer from excess nutrition and obesity.

According to Ratih Hariani 2020 "The Relationship between Eating Behavior and Nutritional Status in Young Girls at SMAN2 Tambang" it is known that 71 respondents with normal nutritional status are 44 people (61.97%) and respondents with abnormal nutritional status are 27 people (38.03). %. This is caused by an unbalanced diet, eating habits, nutritional adequacy

of adolescents will be fulfilled with a diverse and balanced diet, modification of the menu for the type of processed food by paying attention to the amount and according to nutritional needs at the age of adolescents who really need nutritious food. Body image is a picture of a person's body both seen by himself and by others. However, other people's judgments or perceptions of the social environment regarding body image are more considered as an ideal assessment (trend). Negative body image is a serious problem that can affect mental health, eating behavior and limited physical activity

According to Ratna Verawati 2015 "The Relationship Between Body Image and Diet and Nutritional Status of Young Girls at SMP AL ISLAM 1 Surakarta". It is known that of the 60 respondents, the majority of negative body images were 25 respondents 41.7% and a minority of positive body images were 35 (58.3). This is due to the activities or activities of teenagers who do not have time to eat regularly and there are teenagers who have a negative body image that affects eating patterns, teenagers tend to limit food consumption because of dissatisfaction with their body shape

Increased activity, social life and busyness in adolescents will affect their eating habits. Food consumption patterns are often irregular, often snacking, often skipping breakfast and not having lunch at all. They are often too strict in regulating their diet in maintaining their appearance, which can lead to nutritional deficiencies.

According to Yusinta happy 2019 "The Relationship between Body Image and Consumption Patterns and Nutritional Status of Young Girls at SMPN 12 Semarang" it can be seen that as many as 59 (90.8%) grade VIII students at SMP Negeri 12 Semarang have poor consumption patterns. Meanwhile, 6 students (9.2%) of class VIII students at SMP Negeri 1 Semarang had a good consumption pattern. This is because adolescents are not aware that their current eating habits can have a major effect on their health status, many adolescents expect to lose weight quickly through a strict diet but are not adapted to the nutrition they need.

The results of the analysis of the relationship between body image and nutritional status show that the statistical test results obtained an Odd Ratio (OR) value = 14,222.95% CI = 3,155 – 64,112 and a P value of 0,000 <0.05, which means that there is a significant relationship between body image and nutritional status in teenage girl. The results of the analysis of the relationship between diet and nutritional status show that the statistical test results obtained an Odds Ration (OR) value = 8.571.95% CI = 2.059 – 35.683 and a P. value of 0.004 <0.05, which means that there is a significant relationship between diet and nutritional status in young women.

A balanced diet, which is in accordance with the needs along with the selection of the right food ingredients will give birth to good nutritional status. Food intake that exceeds the body's needs will cause overweight and other diseases caused by excess nutrition. Conversely, food intake less than needed will cause the body to become thin and susceptible to disease. Both conditions are equally bad, so it is called malnutrition.

Malnutrition due to lack of food and underweight is something that often occurs in various regions or poor countries, on the other hand, malnutrition due to excessive consumption of nutrients is a new phenomenon that is becoming more and more widespread. above, namely the emergence of obesity in adolescents. Dissatisfaction with body shape in adolescents by considering their bodies too fat makes adolescents make efforts to lose weight in the wrong way, so that this will affect their nutritional status. The dissatisfaction is due to feeling that the body is too fat and does not match the size of the body so that it looks disproportionate.

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