

**PROGRAM STUDI S1 KEBIDANAN DAN PENDIDIKAN PROFESI BIDAN
FAKULTAS KEBIDANAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Penelitian, Juni 2026**

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**HUBUNGAN PENGETAHUAN GIZI DAN BODY IMAGE TERHADAP
GANGGUAN POLA MAKAN PADA REMAJA PUTRI DI SMAN 9
PEKANBARU**

xii + 103 Halaman + 20 Tabel + 12 Lampiran

ABSTRAK

Gangguan pola makan merupakan salah satu permasalahan kesehatan pada remaja putri yang dapat berkaitan dengan pengetahuan gizi dan *body image*. Penelitian ini bertujuan untuk mengidentifikasi pengetahuan gizi, *body image*, dan gangguan pola makan serta menganalisis hubungan pengetahuan gizi dan *body image* dengan gangguan pola makan, secara simultan pada remaja putri di SMAN 9 Pekanbaru. Penelitian ini menggunakan metode kuantitatif dengan desain korelasional dan pendekatan *cross-sectional*. Sampel penelitian berjumlah 120 responden. Data dikumpulkan menggunakan kuesioner pengetahuan gizi, *body image*, dan gangguan pola makan. Analisis data dilakukan secara univariat, bivariat menggunakan *Fisher-Freeman-Halton Exact Test*, dan multivariat menggunakan regresi logistik biner dengan $\alpha=0,05$. Hasil penelitian menunjukkan bahwa 60 responden (50,0%) memiliki pengetahuan gizi positif dan 60 responden (50,0%) negatif. Sebanyak 67 responden (55,8%) memiliki *body image* positif dan 53 responden (44,2%) negatif. Gangguan pola makan rendah sebanyak 59 responden (49,2%) dan tinggi sebanyak 61 responden (50,8%). Terdapat hubungan signifikan antara pengetahuan gizi dengan gangguan pola makan ($p<0,001$) dan *body image* dengan gangguan pola makan ($p=0,009$). Analisis multivariat menunjukkan hubungan simultan yang signifikan ($p<0,001$). Pengetahuan gizi tetap signifikan ($p<0,001$; OR=0,079; 95% CI=0,027–0,233), sedangkan *body image* tidak signifikan ($p=0,450$; OR=1,519). Kesimpulannya, pengetahuan gizi berhubungan dengan gangguan pola makan dan merupakan variabel yang tetap signifikan setelah dianalisis bersama *body image*.

Kata Kunci : Pengetahuan Gizi, Body Image, Gangguan Pola Makan, Remaja Putri, Gizi Remaja

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**THE RELATIONSHIP BETWEEN NUTRITIONAL KNOWLEDGE AND
BODY IMAGE WITH EATING DISORDERS AMONG FEMALE
ADOLESCENTS AT SMAN 9 PEKANBARU**

xii + 103 Pages + 20 Tables + 12 Appendices

ABSTRACT

Eating pattern disorders are a health problem among adolescent girls and may be associated with nutritional knowledge and body image. This study aimed to identify nutritional knowledge, body image, and eating pattern disorders and analyze their relationships, both partially and simultaneously, among adolescent girls at SMAN 9 Pekanbaru. This quantitative study used a correlational design with a cross-sectional approach. The sample consisted of 120 respondents. Data were collected using questionnaires on nutritional knowledge, body image, and eating pattern disorders. Data were analyzed using univariate analysis, bivariate analysis with the Fisher-Freeman-Halton Exact Test, and multivariate analysis using binary logistic regression with $\alpha=0.05$. Results showed that 60 respondents (50.0%) had positive nutritional knowledge and 60 (50.0%) had negative nutritional knowledge. A total of 67 respondents (55.8%) had positive body image and 53 (44.2%) had negative body image. Low eating pattern disorders were found in 59 respondents (49.2%), while high disorders were found in 61 (50.8%). Significant relationships were found between nutritional knowledge and eating pattern disorders ($p<0.001$) and body image and eating pattern disorders ($p=0.009$). Multivariate analysis showed a significant simultaneous relationship ($p<0.001$). Nutritional knowledge remained significant ($p<0.001$; $OR=0.079$; $95\% CI=0.027-0.233$), while body image was not significant ($p=0.450$; $OR=1.519$) after multivariate adjustment.

Keywords : Nutritional knowledge, body image, eating pattern disorders, female adolescents