

Randa. J.U. 2025. Hubungan Pengetahuan Tentang Gizi Seimbang Dengan *Body Image* Pada Remaja SMPN 02 WAGIR Kecamatan Wagir Kabupaten Malang. Tugas Akhir, Program Studi Keperawatan, Fakultas Kesehatan Universitas Tribhuwana Tungga Dewi Malang: (1) Wahidyanti Rahayu Hastutiningtyas. S. Kep., Ns., M. Kep. (2). Neni Maemunah, S.Kp., MMRS.

ABSTRAK

Indonesia sedang menghadapi penyakit menular dan tidak menular. Penyakit tidak menular menunjukkan adanya kecenderungan meningkat salah satunya masalah gizi yang berlebih. Peningkatan prevalensi gizi yang berlebih diakibatkan kurangnya pengetahuan cara memahami persentase berat badan berlebih dan obesitas, hal ini akan berdampak pada gambaran diri atau *body image*. Tujuan penelitian yaitu mengetahui hubungan pengetahuan tentang gizi seimbang dengan *body image* pada Remaja SMPN 02 Wagir Kecamatan Wagir Kabupaten Malang. Desain penelitian menggunakan *cross sectional*. Populasi penelitian sebanyak 83 siswa SMP dengan jumlah sampel sebanyak 69 siswa SMPN 02 Wagir Kecamatan Wagir Kabupaten Malang, sampel diambil dengan teknik *simple random sampling*. Adapun kriteria inklusi yakni siswa kelas VII SMPN 02 Wagir Kecamatan Wagir Kabupaten Malang, bersedia mengisi kuesioner dan bisa menulis dan membaca. Variabel independen adalah pengetahuan gizi seimbang, variabel dependen adalah *body image*. Instrumen yang digunakan berupa lembar kuesioner pengetahuan gizi seimbang dan kuesioner *body image*. Analisis data menggunakan uji *spearman*. Hasil penelitian ini menunjukkan Sebagian besar Remaja SMPN 02 Wagir Kecamatan Wagir Kabupaten Malang memiliki pengetahuan tentang gizi seimbang yang baik (55,1%). Sebagian besar Remaja SMPN 02 Wagir Kecamatan Wagir Kabupaten Malang memiliki *body image* yang positif (71,0%). Ada hubungan pengetahuan tentang gizi seimbang dengan *body image* pada Remaja SMPN 02 Wagir Kecamatan Wagir Kabupaten Malang yang sedang dengan nilai $p = 0,011 < 0,05$ dan nilai $r = 0,537$. Diharapkan bagi penelitian selanjutnya agar dapat melakukan penelitian tentang faktor lain yang mempengaruhi *body image* seperti pengalaman pribadi, kesehatan mental, norma budaya, keluarga dan hubungan interpersonal.

Kata Kunci : *Body Image, Gizi Seimbang, Pengetahuan, Remaja.*

Randa. J.U. 2025. *The Relationship Between Knowledge of Balanced Nutrition and Body Image in Adolescents at SMPN 02 Wagir, Wagir District, Malang Regency. Final Project, Nursing Study Program, Faculty of Health, Tribhuwana Tunggal University, Malang: (1) Wahidyanti Rahayu Hastutiningtyas, S. Kep., Ns., M. Kep. (2) Neni Maemunah, S.Kp., MMRS.*

ABSTRACT

Indonesia is facing infectious and non-infectious diseases. Non-infectious diseases show an increasing trend, one of which is the problem of overnutrition. The increasing prevalence of overnutrition is due to a lack of knowledge on how to understand the triggers of excess weight and obesity, this will have an impact on self-image or body image. The purpose of this study was to determine the relationship between knowledge about balanced nutrition and body image in adolescents at SMPN 02 Wagir, Wagir District, Malang Regency. The research design used a cross-sectional. The study population was 83 junior high school students with a sample of 69 students at SMPN 02 Wagir, Wagir District, Malang Regency, the sample was taken using a simple random sampling technique. The inclusion criteria were grade VII students of SMPN 02 Wagir, Wagir District, Malang Regency, willing to fill out a questionnaire and able to write and read. The independent variable was knowledge about balanced nutrition, the dependent variable was body image. The instruments used were a questionnaire sheet about balanced nutrition knowledge and a body image questionnaire. Data analysis used the Spearman test. The results of this study showed that most adolescents at SMPN 02 Wagir, Wagir District, Malang Regency had good knowledge about balanced nutrition (55.1%). Most of the adolescents of SMPN 02 Wagir, Wagir District, Malang Regency have a positive body image (71.0%). There is a relationship between knowledge about balanced nutrition and body image in adolescents of SMPN 02 Wagir, Wagir District, Malang Regency which is moderate with a p value = $0.011 < 0.05$ and r value = 0.537 . It is hoped that further research can conduct research on other factors that influence body image such as personal experience, mental health, cultural norms, family and interpersonal relationships.

Keywords: *Body Image, Balanced Nutrition, Knowledge, Adolescents.*