

HUBUNGAN BODY IMAGE DENGAN DIET PADA REMAJA PUTRI DI MA MEKARWANGI KECAMATAN SUKAMANTRI KABUPATEN CIAMIS

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INTISARI

Latar Belakang: Diet merupakan salah satu usaha yang dilakukan untuk menurunkan berat badan seseorang. Banyak remaja yang merasa tidak puas dengan penampilan dirinya, apalagi menyangkut body image atau persepsi terhadap tubuhnya yang meliputi bentuk dan ukuran tubuh. **Tujuan :** untuk mengetahui bagaimana hubungan body image dengan diet pada remaja putri di MA Mekarwangi Kecamatan Sukamantri Kabupaten Ciamis. **Metode :** Metode penelitian yaitu kuantitatif dengan desain penelitian *cross sectional*. Teknik pengambilan sampel adalah *purposive sampling* menggunakan rumus slovin sehingga didapatkan sampel sebanyak 60 responden yaitu siswi kelas X-XII di MA Mekarwangi Kecamatan Sukamantri Kabupaten Ciamis. Instrumen penelitian berupa lembar kuesioner. Analisis data menggunakan analisa univariat dan bivariat dengan uji statistik *chi square*. **Hasil penelitian :** Gambaran body image pada remaja putri di MA Mekarwangi Kecamatan Sukamantri Kabupaten Ciamis frekuensi tertinggi kategori baik yaitu sebanyak 42 responden (70,0%). Gambaran diet pada remaja putri di MA Mekarwangi Kabupaten Ciamis frekuensi tertinggi kategori diet sehat yaitu sebanyak 38 responden (63,3%). Terdapat hubungan body image dengan diet pada remaja putri di MA Mekarwangi Kabupaten Ciamis dengan hasil p value sebesar 0,000 ($p < 0,05$). **Kesimpulan:** Terdapat hubungan body image dengan diet pada remaja putri di MA Mekarwangi Kabupaten Ciamis. Diharapkan agar remaja putri menerapkan dan mempertahankan diet yang sehat sehingga tidak merugikan dirinya sendiri. Remaja juga diharapkan mampu mempertahankan body image yang baik sehingga remaja dapat merasa puas dengan tubuhnya, merasa bentuk tubuh dan berat badannya ideal.

Kata Kunci : Body Image, Diet, Remaja Putri

**THE RELATIONSHIP BETWEEN BODY IMAGE AND DIETING IN ADOLESCENT
GIRLS AT MA MEKARWANGI SUKAMANTRI
SUB-DISTRICT CIAMIS DISTRICT**

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ABSTRACT

Background: Dieting is one of the efforts made to lose one's weight. Many adolescents feel dissatisfied with their appearance, especially regarding body image or perception of their body which includes body shape and size. **Objective:** to find out how the relationship between body image and diet in adolescent girls at MA Mekarwangi Sukamantri District, Ciamis Regency. **Methods:** The research method is quantitative with a cross sectional research design. The sampling technique was purposive sampling using the Slovin formula so that a sample of 60 respondents was obtained, namely X-XII grade schoolgirls at MA Mekarwangi Sukamantri District, Ciamis Regency. The research instrument was a questionnaire sheet. Data analysis using univariate and bivariate analysis with chi square statistical tests. **Research results:** The description of body image in adolescent girls at MA Mekarwangi Sukamantri Subdistrict, Ciamis Regency, the highest proportion was in the good category, namely 42 respondents (70.0%). The description of diet in adolescent girls at MA Mekarwangi, Ciamis Regency, the highest frequency was in the healthy diet category, namely 38 respondents (63.3%). There is a relationship between body image and diet in adolescent girls at MA Mekarwangi Ciamis Regency with a p value of 0.000 ($p < 0.05$). **Conclusion:** There is a relationship between body image and diet in adolescent girls at MA Mekarwangi Ciamis Regency. It is expected that adolescent girls apply and maintain a healthy diet so as not to harm themselves. Teenagers are also expected to be able to maintain a good body image so that adolescents can feel satisfied with their bodies, feel their body shape and weight are ideal.

Keywords: Body Image, Diet, Adolescent Girls