

## **BODY IMAGE, TINGKAT KECUKUPAN ZAT GIZI, DAN FAD DIETS PADA MODEL REMAJA PUTRI DI SURABAYA**

*Body Image, Nutritional Adequacy Level, and Fad Diets among Female Adolescent Models in Surabaya*

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### **ABSTRAK**

Model remaja putri dituntut untuk berpenampilan menarik sehingga memicu munculnya *body image* negatif dan upaya penurunan berat badan secara instan, misalnya dengan *fad diets*. Tujuan penelitian ini adalah menganalisis hubungan *body image* dan tingkat kecukupan zat gizi dengan *fad diets* pada model remaja putri di Surabaya. Desain penelitian berupa *cross sectional* pada 60 model remaja putri berusia 14-20 tahun yang dipilih secara *accidental sampling*. Data *body image* diukur melalui wawancara dengan kuesioner *Body Shape Questionnaire (BSQ-16a)* yang dimodifikasi, data tingkat kecukupan zat gizi diukur melalui wawancara dengan *food recall 2x24 jam* dan *fad diets* menggunakan kuesioner *fad diets*. Analisis data menggunakan uji *chi square*. Hasil penelitian ini menunjukkan sebagian besar responden memiliki *body image* negatif (58,3%); tingkat kecukupan energi (80,0%), karbohidrat (86,7%), protein (56,7%), dan lemak (56,7%) terkategori kurang; serta melakukan *fad diets* (70,0%). Terdapat korelasi sedang antara *body image* dengan *fad diets* ( $r=0,484$ ) serta terdapat korelasi lemah antara tingkat kecukupan energi ( $r=0,054$ ), karbohidrat ( $r=0,188$ ), protein ( $r=0,090$ ), dan lemak ( $r=0,232$ ) dengan *fad diets*. Disimpulkan bahwa model remaja putri yang memiliki *body image* negatif cenderung melakukan *fad diets*. Model remaja putri diharapkan dapat menerapkan diet sesuai gizi seimbang melalui konsultasi dengan ahli gizi untuk mencapai berat badan ideal.

**Kata kunci:** asupan gizi, *body image*, *fad diets*, model

### **ABSTRACT**

*Female adolescent models are required to look attractive which could trigger a negative body image and rapid weight loss by involving fad diets. This study was aimed to analyze the relationship between body image and nutritional adequacy level with fad diets among female adolescent models in Surabaya. This study was a cross sectional on 60 female adolescent models aged 14-20 who were selected by accidental sampling technique. Nutritional adequacy level was assessed using food recall 2x24 hours, body image and fad diets were evaluated using modified Body Shape Questionnaire (BSQ-16a) and fad diets questionnaire. Data were analyzed by chi square test. The results showed that most female adolescent models had negative body image (58.3%); energy adequacy level (80.0%), carbohydrate (86.7%), protein (56.7%), and fat (56.7%) were categorized deficient; doing fad diets (70,0%). There were moderate correlation between body image and fad diets ( $r=0.484$ ) and there was a weak correlation between energy adequacy level ( $r=0.054$ ), carbohydrate ( $r=0.188$ ), protein ( $r=0.090$ ), and fat ( $r=0.232$ ) with fad diets. It was concluded female adolescent models who had a negative body image tend to do fad diets. Female adolescent models are expected to have a healthy diet and balanced nutrition, also consult to nutritionist in order to achieve an ideal body weight.*

**Keywords:** nutritional intake, *body image*, *fad diets*, models