

**HUBUNGAN PENGETAHUAN GIZI, *BODY IMAGE* DAN KONSUMSI  
*FAST FOOD* DENGAN STATUS GIZI PADA REMAJA PUTRI  
DI SMAN 58 JAKARTA TIMUR**

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**ABSTRAK**

Status gizi merupakan salah satu indikator penting dalam menggambarkan kondisi kesehatan remaja. Status gizi dapat dipengaruhi oleh berbagai faktor, di antaranya pengetahuan gizi, *body image*, dan konsumsi *fast food*. Oleh karena itu, perlu diketahui hubungan faktor-faktor tersebut dengan status gizi pada remaja putri. Penelitian ini bertujuan untuk mengetahui hubungan pengetahuan gizi, *body image*, dan konsumsi *fast food* dengan status gizi pada remaja putri di SMAN 58 Jakarta Timur. Penelitian ini menggunakan metode kuantitatif dengan desain *cross-sectional*. Sampel penelitian berjumlah 135 remaja putri kelas XI SMAN 58 Jakarta Timur yang dipilih menggunakan teknik *stratified random sampling*. Data dikumpulkan menggunakan kuesioner pengetahuan gizi, *Body Shape Questionnaire* untuk mengukur *body image*, dan *Food Frequency Questionnaire* untuk mengetahui konsumsi *fast food*. Pengukuran berat badan dan tinggi badan dilakukan untuk menentukan status gizi berdasarkan IMT/U. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Chi-Square* dengan alternatif uji Fisher. Hasil penelitian menunjukkan terdapat hubungan yang signifikan antara pengetahuan gizi dengan status gizi ( $p = 0,000$ ;  $OR = 22,204$ ), yang menunjukkan bahwa responden dengan pengetahuan gizi kurang memiliki peluang 22,204 kali lebih besar mengalami status gizi tidak normal dibandingkan responden dengan pengetahuan gizi baik. Sementara itu, tidak terdapat hubungan yang signifikan antara *body image* dengan status gizi ( $p = 0,252$ ) dan konsumsi *fast food* dengan status gizi ( $p = 0,075$ ). Pihak sekolah diharapkan dapat meningkatkan edukasi kesehatan mengenai gizi seimbang dan *body image* melalui media informasi seperti poster serta melakukan pemantauan status gizi siswa secara berkala melalui UKS. Edukasi tersebut diharapkan dapat meningkatkan pemahaman siswa dalam memilih makanan yang sesuai dan menjaga kesehatan.

**Kata kunci:** Status Gizi, Remaja Putri, Pengetahuan Gizi, *Body image*, *Fast food*.

**THE RELATIONSHIP BETWEEN NUTRITION KNOWLEDGE, *BODY IMAGE*, AND *FAST FOOD* CONSUMPTION WITH NUTRITIONAL STATUS AMONG FEMALE ADOLESCENTS AT SMAN 58 EAST JAKARTA**

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***ABSTRACT***

Nutritional status is one of the important indicators of adolescents' health conditions. Nutritional status can be influenced by various factors, including nutritional knowledge, *body image*, and *fast food* consumption. Therefore, it is important to identify the relationship between these factors and nutritional status among female adolescents. This study aimed to determine the relationship between nutritional knowledge, *body image*, and *fast food* consumption with nutritional status among female adolescents at SMAN 58 Jakarta Timur. This study used a quantitative method with a *cross-sectional* design. The sample consisted of 135 female adolescents from Grade XI at SMAN 58 Jakarta Timur who were selected using the *stratified random sampling* technique. Data were collected using a nutritional knowledge questionnaire, the *Body Shape Questionnaire* to assess *body image*, and a *Food Frequency Questionnaire* to assess *fast food* consumption. Body weight and height were measured to determine nutritional status based on BMI-for-age (BMI/A). Data were analyzed using univariate and bivariate analyses with the *Chi-Square* test and Fisher's Exact Test as an alternative. The results showed a significant relationship between nutritional knowledge and nutritional status ( $p = 0,000$ ; OR = 22,204), indicating that respondents with poor nutritional knowledge had 22.204 times greater odds of having abnormal nutritional status than those with good nutritional knowledge. Meanwhile, there was no significant relationship between *body image* and nutritional status ( $p = 0,252$ ) or between *fast food* consumption and nutritional status ( $p = 0,075$ ). The school is expected to improve health education regarding balanced nutrition and *body image* through informational media such as posters and conduct regular monitoring of students' nutritional status through the School Health Unit (UKS). Such education is expected to improve students' understanding of appropriate food choices and support them in maintaining their health.

**Keywords:** Nutritional Knowledge, *Body Image*, *Fast Food*, Nutritional Status, Female Adolescents