

# BODY PICTURE AND EATING BEHAVIOR OF THE ADOLESCENT GIRL IN NUTRITION DEPARTMENT

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## ABSTRACT

Adolescent development, specifically for the adolescent girl, one of them is conduct an assessment of physical appearance with proportional body standards according to their descriptions and perceptions, this is the thing that we called body picture. Incorrect perception will affect the change in the eating behavior that they do, so that the desired for having a good shape of body can be achieved. This research aims to know the description of body picture and eating behavior in adolescent girls in the Nutrition Department at Health Polytechnic Ministry of Health Makassar. This type of research is a descriptive study. Research samples were taken on a purposive, that is to the female student in I and II grade at D.III in Nutrition Department at Health Polytechnic Ministry of Health Makassar amount to 74 people. Nutritional status data obtained through weighing weight and measuring height. For ages, body picture and eating behavior are obtained through the prescribed questionnaire. The data obtained is processed by a descriptive analysis method and result are presented in the form of tables and narratives. Result showed that the subject's positive body picture is more than half positive body picture is more than half of the total subject that is 89,2 %. While the remaining 10,8 % subject has a negative body picture. Then, the idea of eating behavior is almost balanced subject that is 54,1 % of subject having good eating behavior. While 45,9 % of subjects had a bad eating behaviors. Based on this research, we can concluded that the adolescent girl in Nutrition Department at Health Polytechnic Ministry of Health Makassar have a positive body picture and good eating behavior.

**Keywords :** Body Picture, Eating Behavior, Adolescent Girl

## INTRODUCTION

Adolescence is a transitional period between childhood and adulthood, which begins at the time of sexual maturity, which is between the ages of 11 or 12 years to 20 years, namely before young adulthood (Soetjningsih, 2004). Physical state is one example that can be recognized as a characteristic of adolescents. Changes in the body of adolescents often raise their own problems, especially for young women, including concerns about their body condition. One of the assessments among young women is about physical appearance with proportional body standards, this has made young women today become less confident. They always judge themselves through the eyes of other people, namely their friends. This description and perception of physical appearance is called body picture (Santrock, 2003).

Negative body picture possessed by adolescents will influence some behavioral changes. Behavioral changes related to nutritional status are changes in eating behavior (Brown, 2013). Research from Syarafina and Probosari (2014) states that someone who has a negative body picture tends to do bad eating behavior, as many as 43 subjects (72.8%) eat irregularly or often skip certain meals. This can lead to nutrition

in adolescents in malnutrition or over nutrition status. From the description above, a study was conducted which aims to describe the body picture and eating behavior of adolescent girls in the Department of Nutrition, Politeknik Kemenkes Makassar

## SAMPLE

The population study was all first and second grade students of the study program D.III Politeknik Kemenkes Makassar with a population of 91 people. The research sample was taken by purposive (Non random sampling) with criteria; Students who are active / not on leave in college, female students in their teens, namely 18-20 years old, are willing to be respondents, female students of IIII Nutrition, level I are 45 people and level II are 46 people. And by using the formula Notoadmodjo (2010), the subject studies this amount to 74 people.

$$n = \frac{N}{1 + Nd^2} \dots \dots \dots (1)$$

description :  
n: Number of samples needed  
N: Total population  
d: Absolute precision (0.05)

## DATA ANALYSIS

The first thing to do is edit the data or check the data, the researcher selects or re-checks the completeness of filling out the questionnaire from all the questions that are questionnaires are wasted. The questions are sorted according to the respondent's number printed on the questionnaire paper. This process is all the data has been filled in according to instructions. After all the data is complete, the researcher coding all respondents' answers. make data tables in accordance with the research objectives or desired by the researcher. The data analysis will be carried out by researchers using descriptive analysis method, which is analyzed by describing or describing the data that has been obtained by presenting answers to a number of questions. the situation that occurred. Data from research results are presented in the form of tables or frequency distributions and narratives.

## RESULT

Table 1 shows the number of subjects based on age distribution ie 18 years of age amounting to 29 people (39.2%), age 19 years amounting to 35 people (47.3%) and age 20 years amounting to 10 people (13.5%).

Table 1.  
Frequency Distribution by Age in Young Women in the Nutrition Department Politeknik Kemenkes Makassar

Age (year)	N	%
18	29	39,2
19	35	47,3
20	10	13,5
Total	74	100

Body Mass Index (BMI) in 74 subjects including 6 people (8.1%) in the very thin category, 9 people (12.2%) in the thin category, 51 people (68.9%) in the normal category, 3 people ( 4.1%) in the overweight category and 5 people (6.7%) in obesity category.

Table 2  
Frequency Distribution Based on BMI in Young Women in Nutrition Department of Politeknik Kemenkes Makassar

BMI	n	%
Very thin	6	8,1
Thin	9	12,2
Normal	51	68,9
Overweighth	3	4,1
Obesity	5	6,7
Total	74	100

In table 3 and figure 1 show that in 74 subjects for perceptions that fit their body shape, currently there are 4 people (5.4%) choosing picture A, 7 people (9.5%) choosing picture B, 6 people (8.1%) choose picture C, 32 people (43.2%) chose picture D, 15 people (20.2%) chose picture E, 7 people (9.5%) chose picture F, and the last 3 people (4.1% ) choose picture H. Then for the frequency of body shape desired by the subject, as many as 2 people (2.7%) chose picture B, 3 people (4.1%) chose picture C, 42 people (56.7%) chose picture D , and the last subject chose 27 pictures (36.5%).

Table 3  
Frequency Distribution Based on Current Body Perceptions and Desired Body Forms for Young Women in Nutrition Department of Makassar Health Ministry Polytechnic Politeknik Kemenkes Makassar

Body Shape Perception	N	%
Picture A (Underweight III)	4	5,4
Picture B (Underweight II) 79,5	7	9,5
Picture C (Underweight I)	6	8,1
Picture D (Normal)	32	43,2
Picture E (Overweight)	15	20,2
Picture F (Obesitas I)	7	9,5
Picture G (Obesitas II)	3	4,1
Picture H (Obesitas III)	0	0

Total	74	100
<b>Desired Body Forms</b>	n	%
Picture A (Underweight III)	0	0
Picture B (Underweight II)	2	2,7
Picture C (Underweight I)	3	4,1
Picture D (Normal)	42	56,7
Picture E (Overweight)	27	36,5
Picture F (Obesitas I)	0	0
Picture G (Obesitas II)	0	0
Picture H (Obesitas III)	0	0
Total	74	100

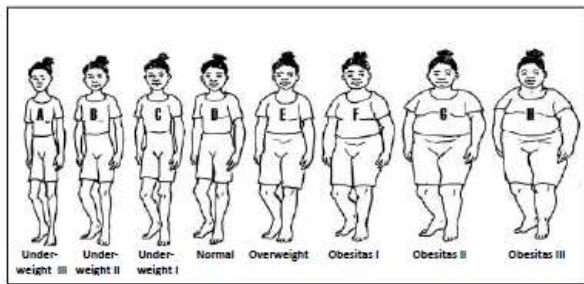


Figure 1. Body Shape in BMI

In table 4 shows that the number of subjects is 66 people (89.2%) who have a positive body picture while for negative body pictures as many as 8 people (10.8%).

Table 4.  
Frequency Distribution Based on Body Picture on Young Women in Nutrition Department of Makassar Health Polytechnic Politeknik Kemenkes Makassar

Body Image	N	%
Positive	66	89,2
Negative	8	10,8
Total	74	100

Based on table 5 it can be seen that as many as 40 people (54.1%) subjects have good eating behavior. While as many as 34 people (45.9%) have poor eating behavior.

Table 5. Frequency Distribution based on Eating Behavior in Young Women in the Nutrition Department of Politeknik Kemenkes Makassar

Eating Behavior	n	%
Good	40	54,1
Bad	34	45,9
Total	74	100

In table 6 shows that the subject with a positive body picture with good eating behavior is 51.4%, while the subject with a positive picture with bad eating behavior is 37.8%. Then subjects with negative body picture with good eating behavior amounted to 2.7%, while subjects with negative body pictures with bad eating behavior were 8.1%.

Table 6.  
Frequency Distribution based on Body Picture and Eating Behavior in Young Women in the Nutrition Department of Politeknik Kemenkes Makassar

Body Picture	Eating Behaviour				Total	
	Good		Bad		n	%
	n	%	n	%		
Positif	38	51,4	28	37,8	66	89,2
Negatif	2	2,7	6	8,1	8	10,8
Total	40	54,1	34	45,9	74	100

## DISCUSSION

The frequency of the age group of the most respondents in this study was the age group of 19 years as many as 35 respondents (47.3%). The number of respondents in the age group is due to the age at which the age of the student majoring in nutrition level I to level II occurs. The highest frequency of respondents with normal BMI is 51 people (68.9%). While female students in the thin category were 9 people (12.2%), very thin category as many as 6 people (8.1%), then very fat category as many as 5 people (6.7%), and the last category fat as many as 3 people (4.1%).

Most of the respondents' BMI were in the normal category, this condition occurred because the nutrition department students must have applied the knowledge that had been obtained so far one of which was by controlling body weight and regulating that their Body Mass Index (BMI) remained in the normal category. Based on the student's assessment of their body shape in the scale of the body size picture shows how students perceive themselves according to their current body shape and body shape they want in the picture presented, the picture consists of AH pictures which are very thin to very fat categories / obesity.

From the results obtained, the highest frequency based on the perceptions of the respondent's current body shape is D pictures as many as 32 people (43.2%), then E pictures as many as 15 people (20.2%), picture B as many as 7 people (9.5%), picture F also with 7 people (9.5%), picture C as many as 6 people (8.1%), and the last picture G as many as 3 people (4.1%), no female students categorize their body shape this time is in picture H. Then the highest frequency based on the body shape desired by respondents is in Figure D as many as 42 people (56.7%) who categorize this picture as the ideal body shape for them, then picture E with 27 people (36.5%), picture C as many as 3 people (4.1%) and the last picture B was 2 people (2.7%).

The frequency based on body picture on the most respondents in this study is 66 positive body picture (89.2%) while the negative body picture is 8 people (10.8%). This shows that there is already high self-confidence in the respondent, they are satisfied with themselves, feel comfortable about their appearance, body shape, and weight. However, this result cannot

represent the generalist population of young women to female students in the Department of Health Polytechnic Department of Makassar because not all female students of the Nutrition Department were involved in this study such as study program D.III level III and study program D.IV. The rest are respondents who have negative body picture, which is 8 people (10.8%) who experience dissatisfaction with body shape. This body picture will make someone experience an eating disorder obsessed with reducing / increasing body weight. Young women who have not reached the ideal body shape that is expected to always try to achieve it.

The feeding behavior of the most respondents in this study was good eating behavior as many as 40 people (54.1%) while the bad eating behavior was 34 people (45.9%). In characteristics, respondent's eating behavior is still in a good stage, which is obtained by 40 respondents (54.1%) who are in good eating behavior. Even though the majority of them have good eating behavior, this is only 54.1% of the 100% assessment of good eating behavior. The researcher assumed that the eating behavior of the respondents was still in the good category even though the value was not significant. Poor adolescent eating behavior can be caused by overcrowding of activities or teen activities that cause them not to have time to eat regularly.

Research conducted by Hardani (2002) with the title "Healthy Eating Patterns" states that three per four respondents 74.8% often choose not to breakfast because they do not have time. The fast working rhythms of teenagers tend to make them consume anything available quickly and easily. So the results obtained in this study are respondents who have a positive body picture accompanied by good eating behavior. The more positive the picture of the body picture, the better eating behavior, on the contrary the more negative the picture of the body picture, the eating behavior will get worse. This is in accordance with what was expressed by Potts & Mandelco (2012), namely that there is a strong relationship between the minds of adolescents about themselves and their bodies. Where teens use their perceptions or thoughts about positive body picture along with their good eating habits or behavior. In line with the results of data analysis, the research conducted by Purwaningrum

(2008) with the title "The Relationship between Body Picture and Adolescent Girls' Behavior" showed a very significant positive correlation between the body picture with eating behavior. The higher the body picture that is owned by an individual, the higher the eating behavior will be. Conversely, if the individual has a low body picture, his eating behavior will be worse. Poor eating behavior in adolescents can be seen in aspects such as regularity of eating, eating habits, reasons for eating, types of food consumed, and estimates of calories consumed. But in the study conducted by Ervina (2007) with the title "The Effect of Ideal Body Perception on Diet. The University of Indonesia Faculty of Nursing stated that there was no significant influence between body shape and eating behavior in adolescent girls because the eating behavior applied by female adolescents was not only influenced by the ideal body perception formed. There are other factors that influence it, namely parenting, such as trust and family history, which views the ideal body as an important part and the influence of peer groups which are obtained from association with peers. Eating behavior can also be influenced by culture, religion, education, social and economic status, personal preference, hunger, appetite, satiety, health, peer influence, but there are also influences on body picture.

## CONCLUSION

The picture of body picture obtained is that more than half of the total respondents, namely 89.2% have a positive body picture and 10.8% of respondents have a negative body picture. Then the description of eating behavior obtained is almost balanced, namely 54.1% of respondents have good eating behavior. And 45.9% of respondents have poor eating behavior.

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