

***The Relationship between Nutritional Knowledge and Body Image with the
Nutritional Status of Adolescent Girls at Public High School 5 Jember***

Nur Faiqah

Clinical Nutrition Study Program

Health Departemen

ABSTRACT

Teenagers are people who really pay attention to their appearance, especially young women. Adolescent girls are a group that is very vulnerable to experiencing nutritional status problems. One of the factors that influence the nutritional status of adolescent girls is the perception of body image and knowledge of balanced nutrition. The aim of this research was to determine the relationship between nutritional knowledge and body image and the nutritional status of adolescent girls at Public High School 5 Jember. This type of research is analytical observational with a cross sectional design. The respondents taken in this research were 48 female students using cluster sampling techniques. The instruments used in this research were the nutritional knowledge questionnaire and the Body Shape Questionnaire (BSQ). The results of data analysis using the Spearman rho test showed that there was no relationship between nutritional knowledge and nutritional status (p value = 0.646) and there was a relationship between body image and nutritional status (p value = 0.003) for female students at SMA Negeri 5 Jember.

Keywords: Nutritional Knowledge, Body Image, Nutritional Status, Adolescents