

The Differences Among Body Image, Eating Habit, and Female Teenagers Physical Activities Based on Their Nutrition Status in SMAN Rambipuji Jember

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ABSTRACT

Teenage phase is mentioned as searching identity phase and has acceleration on body's growth and development or drastiv physical changes. Because of the physical changes, teenagers interest is huge toward their body image. Body image in teenagers makes teenagers have eating disorder to have ideal body image. The aim of this research is knowing the differences among body image, eating habit, and female teenagers physicl activities based on their nutrition status in SMAN Rambipuji Jember. The research method was analitic survey with cross sectional approachment. This research was conducted on grade X and XI student wih 70 student as total respondent. This research held on 6 November – 11 December 2017 in SMAN 1 Jember. It used Figure Rating Scal (FRS) quisioner to know respondents' body image perception, Adolescent Food Habits Checklist (AFHC) quisioner to know respondents' eating habit, and PAL (Physical Activit Level) quisioner to know respondents' physical activities. The statistic of this research used SPSS 16 for Windows with Kruskal-Wallis experiment. There was different female teenagers body image based on their nutrition status which $p = 0,001$. There was different female teenagers eating habit based on their nutrition status which $p = 0,000$ / There was different female teenagers physical activities based on their nutrition status which $p = 0,001$.

Keywords : Physical Activities, Body Image, Eating Habit and Nutrition Status