

Abstrak

PERBEDAAN ASUPAN ENERGI, ASUPAN PROTEIN, DAN CITRA TUBUH PADA REMAJA KURANG ENERGI KRONIK DI PERDESAAN DAN PERKOTAAN

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Latar Belakang: Kurang Energi Kronik (KEK) merupakan kondisi dimana remaja putri mengalami kekurangan asupan energi dan asupan protein dalam waktu yang lama. Faktor penyebab KEK salah satunya terdapat ketidakpuasan terhadap citra tubuh. Citra tubuh merupakan pandangan seseorang terhadap bentuk tubuhnya.

Metodologi: Desain penelitian ini menggunakan studi *cross sectional* yang dilakukan pada 52 remaja putri KEK di perdesaan dan perkotaan dengan teknik *purposive sampling*. Citra tubuh diukur dengan *Body Shape Questionnaire* (BSQ-16B). Tingkat asupan energi dan asupan protein diperoleh melalui *recall 2x24* jam. Analisis data menggunakan uji *Mann Whitney*.

Hasil Penelitian: Rata-rata asupan energi di perkotaan lebih tinggi yaitu 1176 kkal dibandingkan dengan di perdesaan yaitu 1092 kkal. Rata-rata asupan protein di perkotaan sebesar 31 g, lebih tinggi daripada di perdesaan yaitu 30 g. Skor citra tubuh di perdesaan 34 dan di perkotaan adalah 33. Uji beda dari remaja putri di perdesaan dan perkotaan memperoleh hasil bahwa, asupan energi $p = 0,394$, asupan protein $p = 0,391$, dan citra tubuh $p = 0,138$.

Kesimpulan: Tidak ada perbedaan asupan energi, asupan protein dan citra tubuh pada remaja KEK di perdesaan dan perkotaan ($p > 0,05$).

Kata Kunci: Kekurangan energi kronik, asupan energi, asupan protein, citra tubuh, remaja putri

Abstract

DIFFERENCES IN ENERGY INTAKE, PROTEIN INTAKE, AND BODY IMAGES IN ADOLESCENT FEMALE WITH CHRONIC ENERGY DEFICIENCY IN RURAL AND URBAN.

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Background: Chronic Energy Deficiency (CED) is the condition that the female adolescent have low of energi intake and protein intake for long time. The cause of CED one of them there is dissatisfaction with body image. Body image is person's view with shape of body.

Method: This research design using cross sectional that conducted for 52 female adolescent CED in rural and urban with purposive sampling technique. Body image measured with body shape questionnaire (BSQ-16B). The level of energy intake and protein intake through recall 2x24 hours. The data was analysis by Mann-Whitney test.

Result: The average energy intake in urban areas is higher at 1176 kcal compared to rural areas at 1092 kcal. The average protein intake in urban areas is 31 g, higher than in rural areas, which is 30 g. Body image scores in rural areas 34 and in urban areas were 33. Different tests of young women in rural and urban areas obtained results that, energy intake ($p = 0,394$), protein intake ($p = 0,391$), and body image ($p = 0,138$).

Conclusion: There were no differences in energy intake, protein intake and body image in CED adolescents in city and village areas ($p > 0.05$).

Keyword: Chronic Energy Deficiency (CED), Energy Intake, Protein Intake, Body Image, Female Adolescent.