

Abstrak

PERBEDAAN CITRA TUBUH, TINGKAT ASUPAN ENERGI, DAN STATUS GIZI PADA MAHASISWI KESEHATAN DAN NON KESEHATAN UNIVERSITAS JENDERAL SOEDIRMAN (Studi Kasus pada Mahasiswi Akuntansi dan Ilmu Gizi Universitas Jenderal Soedirman)

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Latar Belakang: Pengetahuan gizi dapat mempengaruhi citra tubuh, tingkat asupan energi dan status gizi. Mahasiswi kesehatan khususnya gizi dianggap memiliki pengetahuan yang baik mengenai gizi dibandingkan dengan mahasiswi non kesehatan. Seseorang yang memiliki pengetahuan gizi baik diharapkan memiliki citra tubuh positif, asupan zat gizi dan status gizi yang baik.

Tujuan: Mengetahui perbedaan citra tubuh, tingkat asupan energi, dan status gizi pada mahasiswi akuntansi dan ilmu gizi Universitas Jenderal Soedirman.

Metodologi: Desain penelitian menggunakan studi *cross-sectional* yang dilakukan pada 96 mahasiswi akuntansi dan ilmu gizi dengan teknik *purposive sampling*. Citra tubuh diukur dengan *Body Shape Questionnaire* (BSQ-16B). Tingkat asupan energi diperoleh melalui *recall* 24 jam 2 hari tidak berturut-turut. Status gizi diukur menggunakan indeks massa tubuh (IMT). Analisis data menggunakan uji *Mann Whitney*.

Hasil: Tidak ada perbedaan citra tubuh antara mahasiswi akuntansi dan ilmu gizi ($p > 0,05$). Tidak ada perbedaan tingkat asupan energi antara mahasiswi akuntansi dan ilmu gizi ($p > 0,05$). Ada perbedaan status gizi antara mahasiswi akuntansi dan ilmu gizi ($p < 0,05$).

Kesimpulan: Tidak ada perbedaan citra tubuh dan tingkat asupan energi antara mahasiswi akuntansi dan ilmu gizi. Terdapat perbedaan status gizi antara mahasiswi akuntansi dan ilmu gizi.

Kata Kunci: Citra Tubuh, Status Gizi, Tingkat Asupan Energi

Abstract

**THE DIFFERENCES OF BODY IMAGE, ENERGY INTAKE LEVEL,
AND NUTRITIONAL STATUS BETWEEN HEALTH AND NON
HEALTH FEMALE STUDENT OF JENDERAL SOEDIRMAN
UNIVERSITY
(Case Study in female students of accounting and nutrition science at
Jenderal Soedirman University)**

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Background: Nutrition knowledge can affect body image, level of energy intake and nutritional status. Health students especially nutrition science are considered to have good knowledge about nutrition and health compared to non-health students. Someone who has good nutrition knowledge is expected to have a positive body image, good nutritional intake and nutritional status.

Objective: Knowing the differences in body image, level of energy intake, and nutritional status in female students of accounting and nutrition science at Jenderal Soedirman University.

Method: The design of this study uses a cross-sectional study conducted on 96 female students of accounting and nutrition science with purposive sampling technique. Body image is measured with a Body Shape Questionnaire (BSQ-16B). The level of energy intake is obtained through a 24-hour non-consecutive recall. Nutritional status is measured using a body mass index (BMI). Data analysis used Mann Whitney.

Results: There is no difference in body image between female students of accounting and nutrition science ($p > 0,05$). There was no difference in the level of energy intake between female students in accounting and nutrition science ($p > 0,05$). There is a difference in nutritional status between female students of accounting and nutrition science ($p < 0,05$).

Conclusion: There is no difference in body image and level of energy intake between female students of accounting and nutrition science. There are differences in nutritional status between female students of accounting and nutrition science.

Keywords: Body Image, Level of Energy Intake, Nutritional Status