

## ABSTRAK

**Latar Belakang :** *Body image* merupakan salah satu faktor penyebab perilaku makan menyimpang disamping faktor genetik dan kepercayaan diri yang rendah.

**Tujuan penelitian:** Mengetahui efektifitas pelatihan *peer educator* dalam meningkatkan pengetahuan, keterampilan dan skor *body image* remaja putri di SMAN 4 Purwokerto.

**Metodologi Penelitian:** Penelitian ini menggunakan metode kuasi eksperimen dengan rancangan *one group pretest posttest*. Penelitian dilakukan di SMA Negeri 4 Purwokerto. Sampel penelitian ini adalah 39 remaja putri yang diambil secara *purposive sampling*.

**Hasil :** Hasil uji statistic dengan menggunakan *uji Wilcoxon* diperoleh nilai  $A\text{ Sym. Sig. (2-tailed)} = 0,000 (<0,05)$  pada semua variabel penelitian artinya secara statistik menunjukkan ada perbedaan pada pengetahuan *body image*, pengetahuan *peer educator*, skor *body image* dan keterampilan remaja putri SMA Negeri 4 Purwokerto yang signifikan sebelum dan sesudah pelatihan.

**Kesimpulan :** Pelatihan *peer educator* efektif dalam meningkatkan pengetahuan, keterampilan dan skor *body image* remaja putri di SMAN 4 Purwokerto.

**Kata Kunci:** *Peer Educator, Body Image, Remaja Putri*

## ABSTRACT

**Background:** Body image is one of the causes of eating behavior deviates in addition to genetic factors and low self confidence.

**Objective:** Knowing the effectiveness of peer educators training in improving the knowledge, skills and scores of body image of young women in SMAN 4 Purwokerto.

**Methods:** This study used a quasi-experimental design with one group pretest posttest. The study was conducted in SMA Negeri 4 Purwokerto. Samples were 39 young women and were taken by purposive sampling.

**Results:** The results of statistical tests using the Wilcoxon test was obtained grades A Sym. Sig. (2-tailed) = 0.000 ( $<0.05$ ) in all study variables means statistically there are differences in knowledge of body image, peer educator knowledge, body image score and skills of young women SMAN 4 Purwokerto significant before and after training.

**Conclusion:** Peer educators training is effective in improving knowledge, skills and scores of body image of young women in SMAN 4 Purwokerto

Keywords: Peer Educator, Body Image, Young Women

