

BODY IMAGE PERCEPTION AND NUTRITIONAL FULFILLMENT BEHAVIOR IN ADOLESCENTS

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Abstract

Adolescents experience many problems related to health and nutrition due to various physical, psychological and psychosocial change, including accelerated growth and development of the body, lifestyle changes and poor eating behavior. The purpose of this study was to determine the perception of body image and nutritional fulfillment in adolescent girls. This study is an analytical observational study with a cross sectional approach. This research was conducted at MAN 1 Karanganyar in July-August 2023. The sample in this study was class XII adolescent girls totaling 42 respondents, taken by simple random sampling technique. The research instrument uses questionnaires. Data analysis was carried out univariate and bivariate. The results of the study obtained the majority of respondents had a perception of body image with a moderate category as many as 26 respondents (59.1%), respondents who had adequate nutritional fulfillment habits amounted to 21 people (47.7%). There is a significant correlation between the perception of adolescent girls' body image with nutritional fulfillment behavior with p value $0.21 < 0.05$. There is a significant positive correlation between the perception of adolescent girls' body image and behavior with a correlation coefficient value of 0.322, meaning that the relationship between the two variables is sufficient.

Keywords: *body image, fulfillment of adolescent nutrition*

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1. Introduction

Adolescence signifies the shift from childhood to adulthood, characterized by physical, psychological, and psychosocial changes. It is a phase of heightened growth, amplifying the necessity for increased nutritional intake compared to other life stages post-birth [1].

As indicated in prior research [2], adolescents encounter many health and nutritional challenges from rapid bodily growth and maturation, lifestyle modifications, and suboptimal dietary habits. Notably, globalization

significantly influences shifts in adolescent eating patterns, thereby exacerbating nutritional concerns within this demographic. Adolescents emerge as particularly vulnerable to heightened nutritional risks, characterized by a propensity towards excessive body weight relative to their age and stature [3,4].

Adequate nutrition is wholesome foods that provide essential elements like carbohydrates, proteins, fats, minerals, and vitamins while removing contaminants and banned additives such as formalin and borax [5,6].

Deteriorating nutritional behaviors constitute a salient determinant that escalates health vulnerabilities among adolescents, heightening the likelihood of stunting [7].

Building upon this contextual background, the researcher aimed to investigate the impact of body image perceptions on dietary practices among adolescents enrolled at SMA Karanganya.

2. Methods

The study population encompassed all Class III students at MAN I Karanganyar, totaling 221 students, from which a sample of 44 female students was selected. The sampling methodology employed in this research was simple random sampling, facilitated through offline questionnaires, thereby ensuring the acquisition of primary data directly from the respondents [8,9].

Data analysis in this study entailed both univariate and bivariate analytical approaches. Bivariate analysis was conducted utilizing the Spearman Rank formula and was further processed with the assistance of the SPSS application, specifically version 16.0.

3. Results and Discussion

Table 1. Perception of body image

Category	Frequency	Percentage
poor	10	22.7
medium	26	59.1
high	8	15.9
Total	44	100.0

Within this study, 26 respondents (59.1%) exhibited heightened body image perceptions within the medium category. Defined as an individual's mental representation of their physical attributes and attitudes, body image encapsulates a subjective evaluation of one's appearance. Notably, body image perceptions wield a significant influence on various psychosocial facets, including self-esteem, body shape-related anxieties, preoccupation with weight, mental well-being, and susceptibility to

eating disorders among adolescents. The findings of this study mirror the outcomes of prior research [10] which revealed that 72% of students fell within the adequate body image category. In comparison, 16% and 12% were classified in the high and low categories. This convergence underscores the enduring significance of body image perceptions in shaping adolescents' psychological well-being and potential vulnerabilities to body image-related concerns.

Table 2. Category nutritional fulfillment habits

Category	Frequency	Percentage
Excellent	16	36.4
Good	21	47.7
Poor	7	15.9
Total	44	100.0

The predominance of teenagers exhibiting adequate nutritional habits stands out, with 21 individuals (47.7%) falling within this category. Adolescence, described as a pivotal transitional phase from childhood to adulthood, witnesses profound physical transformations that can engender self-perception challenges and body dissatisfaction among teenagers. The consequent focus on physical appearance and body image can substantially impact adolescents' dietary behaviors and nutritional fulfillment. Significantly, approximately 40% of young women perceive themselves as overweight, a factor that can detrimentally affect adolescent nutritional habits [11].

The correlation analysis results show a significant positive correlation ($r = 0.21$, $p < 0.05$) between body image and adolescent nutritional fulfillment behavior. Adolescents with a positive body image tend to exhibit healthier eating habits to maintain good nutrition, while those with a negative body image may have poorer nutritional fulfillment behaviors. Research [12] suggested that adolescents' focus on body image influences their nutritional choices, aligning with findings from [13] that

indicated adolescents with healthy eating habits are mindful of their physical appearance [14].

In a related study [15] the Fisher Exact test revealed a statistically significant relationship between body image and eating habits, with a p-value of 0.024. These eating habits can influence the fulfillment of adolescent nutrition.

The correlation coefficient 0.322 indicates a meaningful connection between adolescent girls' body image perception and nutritional behavior. Eating habits play a crucial role in meeting the nutritional needs of adolescent girls, reflecting a repetitive way to fulfill physiological requirements for the body. These habits are shaped by environmental, peer, social, and domestic factors.

4. Conclusion

A notable finding within the study conducted at MAN 1 Karanganyar highlights a significant positive correlation between adolescent girls' body image perceptions and their nutritional fulfillment behaviors.

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