

# Relationship Between Body Image and Eating Pattern in Woman Adolescents

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## ABSTRACT

Adolescence there is concern for body weight and body shape. This encourages teenagers to go on a diet. A good eat pattern needs to be established in an effort to meet nutritional needs. Body image in adolescents will greatly affect their diet including the selection of food ingredients and the frequency of eating. Objective : Knowing the relationship between body image and eating patterns in woman adolescents in Yogyakarta 5 High School. Method : This type of research is non-experimental with a design of correlational descriptions. Popolation of female students in Yogyakarta 5 Public High School. The sampling technique in this study used probablity sampling with a stratified random sampling technique. The research instrument used a body image questionnaire and eating patterns. The eating patterns questionnaire has been tested for validity with r values in invalid statements between 0.080-0.313 with r table = 0.361, and reliability test results of cronbach's alpha value > 0.70. Data analysis techniques use Chi square. Result : Body image in the positive category (85.5%), and negative (14.5%). The eating patterns is in the good category (77.1%), and the eating patterns is bad (22.9%). The Chi square correlation results obtained a correlation value of 0.454 with the result of the sig value of 0,000. This shows that  $p < 0.05$  there is a positive and significant relationship between body image eating patterns in Yogyakarta 5 High School. Conclusion : Body image is not the only factor that can affect a person's diet. However, body shape in adolescents will cause anxiety, which in turn will make teenagers control or even change their diet.

**Keywords :** *Body image, eating patterns, adolescence*

## 1. INTRODUCTION

A teenager is said to have reached the age of 10-18 years for girls and 12-20 years for boys, at this time there is a very fast physical change, the growth that occurs in adolescence will affect the health and nutritional status. girls grow faster than boys. A balanced diet that is in accordance with the needs accompanied by the selection of the right food ingredients will produce a good nutritional status [1]

In adolescence, there is concern about body weight and body shape. This encourages teenagers to go on a diet. Adolescents who go on a diet to control their weight use healthy and unhealthy methods. Young women apply diets to lose weight in various ways that they think are more effective, sometimes the diet that is carried out endangers their health [2]

The tall and slim body shape is what young women want. The attention to body shape is generally greater in women than men. According to [3] teenagers in Madrid, 47.9% want to lose weight. Adolescents who have a bad perception of "being thin" are likely to make them engage in unhealthy weight loss practices to look physically attractive [4]

Cash and Pruzinsky [2007] convey that body image is an evaluation of body size, weight, or other aspects of the body that are related to their physical appearance which is influenced by the assessment

standards regarding attractive appearance that apply in the society where a person is, especially at what someone feels about what people think about him [4]. A person who has a negative body image tends to have bad eating behavior. The bad eating behavior carried out by adolescents in their study was 43 subjects (72.8%), namely eating irregularly or often skipping certain meal times, for example, often skipping breakfast because they are lazy or do not have time and dinner because they are afraid of getting fat [5]

A preliminary study conducted by interviewing 5 students with 2 female students said that their diet was good by consuming four healthy and five perfect foods, balanced nutrition, and eating more often at home and they were satisfied with their body shape. Meanwhile, 3 students said they had a bad diet by consuming more foods that were included in the type of junk food whose nutritional composition was not balanced. They feel dissatisfied with the body shape that is not by their wishes, so they carry out dietary practices that tend to experience eating disorders or disorders called eating disorders.

The term diet is used to describe eating behavior in this study. Eating disorders also include issues of identity and self-concept which are influenced by many factors. One of them is the existence of a good view and picture that is related to self-acceptance of a

physical state called body image. A young woman who has a negative body image towards her body will blame the food for causing her to be fat, ugly, and unattractive so that it will cause eating disorders. The research

## 2. METHODS

Analytical Cross-sectional study was undertaken among adolescent girls, SMA Negeri 5 Yogyakarta with a sample of 83 students using probability sampling stratified random sampling. The sample has inclusion criteria, namely female students at SMA Negeri 5 Yogyakarta, respondents who go to school at the time of the research and are willing to be research subjects. The primary data in this research is the answer sheet of the body image questionnaire with the diet filled by the respondents. Secondary data were obtained from supporting parties of the Student Council of SMA Negeri 5 Yogyakarta, statistical data from research results from other parties that were by the research.

## 3. RESULT

**Table 1**

Body Image Frequency Distribution of Young Women in SMA Negeri 5 Yogyakarta

No.	Body Image	Frekuensi	Presentase
1.	Positive	71	85,5
2	Negative	12	14,5
	Total	<b>83</b>	<b>100</b>

**Table 2**

Frequency Distribution of Young Women Diet in SMA Negeri 5 Yogyakarta

No.	Dietary Habit	F	%
1.	Well	64	77,1
2.	Bad	19	22,9
	Total	<b>83</b>	<b>100</b>

objective was to determine the relationship between body image and diet in adolescent girls in SMA Negeri 5 Yogyakarta.

The questionnaire has been tested for validity and reliability by [6] [Chairiah 2012] with the value of  $r$  on the invalid statement between 0.080-0.313 with a value of  $r$  table = 0.361, and the reliability test results of Cronbach's alpha value > 0.70. This study used a questionnaire instrument body image and diet

To see an overview of the main characteristics and independent variables, univariate analysis of categorical data was carried out by presenting numbers and percentages. Bivariate and Multivariate analysis was performed by using the Chi-Square test and linear regression test with a confidence level of 95% at ( $\alpha = 0.05$ ). Ethical clearance was carried out at STIKES Surya Global with the results declared worthy of research Number: 102/KEPK/SG/I/2019, January 10, 2019.

**Table 3**

Frequency Distribution of Young Women Diet Patterns Cross Tabulation of the Relationship between Body Image and Diet Youth in SMA Negeri 5 Yogyakarta

No	Body Image	Dietary Habit				Total	
		Well		Bad		F	%
		F	%	F	%		
1.	Positive	61	85,9	10	14,1	71	100
2.	Negative	3	25,0	9	75,0	12	100
	Total	64	77,1	19	22,9	83	100

**Table 4**

Chi-Square Test Results for Body Image With Young Women Diet in SMA Negeri 5 Yogyakarta

Variable	Koefisien Korelasi	Score	Information
	<i>Chi Square</i>	<i>Sig.</i>	
Body Image	0,454	0,000	Signifikan
Dietary Habit			

are not confident in their body shape so they carry out strict dietary practices to make it look more attractive.

In a study, it is stated that the majority of respondents have a positive body image. This shows that there is already high self-confidence in respondents regarding their appearance, body shape, body satisfaction, and their weight [7]. The same thing supports the results of research which state that respondents who have a positive body image where someone sees their body as they should, they will be satisfied with themselves, feel comfortable

## 4. DISCUSSION

### 4.1. Body Image

The results of research on body image note that 85.5%, namely 71 out of 83 respondents have a positive body image. That the causes of positive body image in adolescents can be seen from the respondents' statements that show satisfaction with their body shape and appearance. The cause of a negative body image can be seen from the respondents' statements that show dissatisfaction with their appearance and the respondents

and confident [Lintang, 2015], also in line with National Eating Disorders. Collaboration [NEDC] (2011) states that when a person's body image is positive, that person can accept their body appearance and feel satisfied with their state and body shape. Meanwhile, if the body image is negative, then the person does not accept his body appearance and tries to change his body shape [8], [9].

Another study revealed that adolescents at Athirah High School Makassar had a negative body image perception and experienced dissatisfaction with their body shape. the more positive the body image, the lower the diet behavior will be, and the more negative the body image, the higher the dietary behavior will be [10]. Supported by research which states that most respondents have a body image which is included in positive criteria, which means that most women already have a pretty good perception, feeling, attitude and evaluation about their body which includes body shape, body size, and bodyweight leading to physical appearance, as well as some research respondents included in the criteria for negative body image with high dietary behavior. Diet is food that is determined and controlled for a specific purpose. In a layman's sense, adolescents often interpret it as a reduction in food portions to lose weight to achieve an ideal body shape [11], [12]

Research by Thompson (2007) that factors that influence body image in individuals are influenced by several factors, namely the influence of body weight and perceptions of fat or thin, culture, life cycle, pregnancy, socialization, self-concept, gender roles and the influence of body image distortion on individual self. This is reinforced by the results of research which shows that most respondents who have a negative body image perception (experiencing dissatisfaction with their body shape) do not only occur in respondents who are overweight (fat and obese) but also respondents with normal nutritional status. This dissatisfaction is because the subject feels that his body is too fat and there are several parts of the body (for example arms, thighs) that do not match his body size so that it looks disproportionate so that the respondent makes weight loss efforts in the wrong way [13], [10]

Cash (2008) suggests that a negative body image can lead to eating disorders such as anorexia nervosa or bulimia nervosa and body dysmorphic disorders. A negative body image can lead to feelings of hatred and lead to feelings of guilt and depression, which can reduce the quality of life and the ability to control eating behavior. Negative body image and fear of obesity disturbed the eating behavior of young girls in general, and vice versa, positive body image is associated with better eating behavior, lower dietary behavior, and a lower risk of eating disorders [14], [15].

## 4.2. Dietary Habit

Research on diet is known that from 83 respondents, 77.1% majority have a good diet. A good dietary pattern for respondents can be seen from the questionnaire answer statement which states the habits of students to consume a variety of foods such as vegetables, fish, meat, chicken, tempeh/tofu, parents oblige breakfast, and take lunch, eat lots of fruits at night. , eat vegetables frequently, and consume foods that are low in calories. The cause of a poor diet in respondents can be seen from the answers to the questionnaire which stated that some students had the habit of consuming only one type of food, did not get used to breakfast in the morning, and often consumed junk food. Related research states that the majority of respondents have a good diet. This shows that there is already self-awareness of respondents in meeting nutritional needs in the body [7]. This is supported by the opinion that a good diet needs to be formed as an effort to meet nutritional needs. An inappropriate diet will lead to an excess nutritional intake or vice versa. Excess intake can lead to being overweight and other diseases caused by excess nutrients. Conversely, food intake less than what is needed will cause the body to become thin and susceptible to disease [1], [16].

Research conducted by Sofian and Ernalina [2015] states that eating habits such as leaving breakfast, lack of frequency of eating in a day, less frequency of eating vegetables and fruits, and frequent consumption of fast food. Energy intake in a person can affect the nutritional state or nutritional status of a person. [17] states that more children who skip breakfast tend to be obese. Breakfast is often underestimated for several reasons. Even though the body needs nutrients as well as energy to carry out activities throughout the day. Also, breakfast is very important to maintain a good diet [18].

The results of the related research also show that some young women who have bad eating behavior have poor nutritional status. Most of the young women are very worried about their body shape compared to the food they should be consumed. The wrong perception of eating behavior will cause adolescents to limit their intake of food because they feel that their body shape is not what they want. Besides that, besides the desire to diet, the activities that teenagers have, such as extracurricular activities, homework, tutoring, are one of the reasons for teenagers to leave their mealtime, especially breakfast. Teens also often consume fast food to shorten the time [19], [20], [21], [22].

## 4.3. The Relationship Between Body Image and Diet

The results showed that there was a significant relationship between body image and diet of young women

in SMA Negeri 5 Yogyakarta. Analysis of data using the Chi-square test with a sig value of 0.000 ( $\tilde{n} < 0.05$ ), it can be concluded that the more positive the body image, the better the diet. Conversely, the more negative the body image, the worse the eating behavior will be. Research also supports [4] that there is a significant influence between body image and diet as indicated by the value of  $p = 0.000$  ( $p < 0.05$ ), which means that students with a positive body image have the opportunity to have a good diet. The same thing is the research which states that there is a relationship between eating behavior ( $p = 0.013$ ) and body image ( $p = 0.002$ ) with nutritional status, which means that young women who have good eating behavior and positive body image have the opportunity to have good nutritional status [20]. It is strengthened again by research which states that there is a significant relationship between body image and dietary behavior with a value of  $p = 0.000$ ,  $p < 0.05$  [23], [21], [20].

Yosephin (2012) said that adolescent girls who go on a diet have the desire to get a more attractive and beautiful body shape as the main reason. This reason is followed by the stereotypes that arise in women regarding having a thin body shape which can make a more attractive appearance and also make it easier to have the desired clothes. Most women also do not want to look too different from their peers and also with a thinner body can support every activity they do. [24], [25], [26], [27], [28]

## 5. CONCLUSION

Body image is not the only factor that can affect a person's diet. However, body shape in adolescence will cause anxiety, which in turn will make adolescents control or even change their eating patterns. Adolescents do not eat well, namely eating irregularly or often skipping breakfast because they are lazy and having dinner because they are afraid of getting fat. The bad diet they live is not only influenced by body image, but there are also several other factors such as cultural, religious, educational, social and economic status, hunger, appetite, satiety, health, and peer influence. The image of a positive body image here is needed to determine a person's self-confidence to avoid eating disorders that have an impact on the nutritional status and health of adolescents. This can be seen in the results of the study that most adolescents who have a positive body image have a good diet.

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