BODY IMAGE WITH EATING PATTERNS STUDENTS
STIKES SANTA ELISABETH MEDAN

Nagoklan Simbolon[1], Pomarida Simbolon[2]

ABSTRACT

Background: *Students are individual figures who are in the process of changing from childhood to adulthood. These changes occur both physically, biologically as well as psychologically and socially. These physical changes depend on a person's diet which will build a body image or body image in a good or bad direction. Eating patterns happened at STIKes Santa Elisabeth Medan, the eating pattern of 30% of STIKes students was not good. The study aimed to determine the relationship between body image and diet in students at STIKes Santa Elisabeth Medan.* **Methods:** *the method used is descriptive-analytic by using the cross-sectional approach. The sample in this study was110 students with a simple random sampling technique. The data analysis with the chi-square test.* **Results:** *the research showed that the majority of respondents' body image was negative (71, 8%), and the majority of respondents' eating patterns were sufficient (54.6%). The chi-square statistical test with p-value = 0.001 (p < 0.05), shows a relationship between body image and eating patterns of students STIKes Santa Elisabeth Medan. It is hoped that the campus will provide counseling to students so that body image is controlled.*

Keywords: *body image, diet*

ABSTRAK

Latar belakang: Mahasiswa adalah seorang individu yang sedang berproses mengalami perubahan dari masa kanak-kanak menuju masa dewasa. Perubahan yang terjadi pada mahasiswa meliputi fisik, biologis, psikologis dan sosial. Perubahan fisik tersebut tergantung pada pola makan seseorang yang akan membangun citra tubuh atau *body image* ke arah yang baik dan kurang. Hal ini terjadi di STIKes Santa Elisabeth Medan yaitu pola makan mahasiswa STIKes 30% kurang baik. Tujuan penelitian ini untuk mengidentifikasi hubungan *body image* dengan pola makan pada mahasiswa di STIKes Santa Elisabeth Medan. **Metode:** desain yang digunakan deskriptif analitik dengan menggunakan pendekatan *cross sectional*. Sampel dalam penelitian berjumlah 110 orang dengan teknik *simple random sampling*. Data dianalisis dengan uji *chi-square*. Hasil penelitian

menunjukkan *body image* responden mayoritas negatif (71,8%) dan pola makan responden mayoritas cukup (54,6%). **Hasil:** hasil uji statistik *chi-square* diperoleh *p-value*=0,001 (p < 0,05), sehingga ada hubungan *body image* dengan pola makan pada mahasiswa STIKes Santa Elisabeth Medan. Diharapkan pihak kampus memberikan konseling kepada mahasiswa sehingga *body image* terkontrol.

Kata kunci: *Body image*, pola makan

1) Program Studi Gizi, STIKes Santa Elisabeth Medan, Indonesia 2) Program Studi Managemen Informasi Kesehatan, STIKes Santa Elisabeth Medan, Indonesia Corresponding author: +6285361806500, pomasps@yahoo.com

INTRODUCTION

Body image is important for young people. The environment can influence women's lifestyles, especially how to dress, eat and behave, and self perception of body image. Body image is developed through interactions with other people and the environment. Body image causes the ideal body shape to differ between cultures, generally the ideal body shape for women is smooth, soft and small. A negative body image will cause emotional dissatisfaction, low self-confidence, and eating disorders[1]

Being overweight can cause disturbances in body image; the emergence of body image can cause disturbances in body image. Disturbances in body image or body image can be in the form of dissatisfaction with changes in body structure, shape and function. A human with a negative body image will have a negative assessment of his body condition and perceive his body condition as unattractive to others. Therefore, he needed to find a way to change his appearance. One of the efforts made is through diet behavior[2].

Influencing factors on *body image* include age, mass media, family and relationships [3]. Research carried out by Zahra A and Muniroh L, [4] shows that more than half of nutrition students have negative body image (54.9%). The research was reflected in the results of filling out the BSQ questionnaire shows that as many as 29.6% of nutrition students are afraid of becoming fat or becoming fatter. Students also experience the fear of being fat or fatter with underweight nutritional status; they tend to feel satisfied with their current weight even though their BMI is below normal. The average BSQ value of nutrition students is 87.55 ± 28.09 SD, while the minimum value is 42 and the maximum value is 161. This is in line with research conducted by A. Zahra and

L. Muniroh, [4] shows that 56.8% of nutrition students with good intake have a negative body image while 50% of nutrition students with less energy intake actually have a positive body image or feel satisfied with body size and shape.

An adolescent diet will determine the number of nutrients needed by adolescents for growth and development [5]. This diet is related to their daily diet, which is not free to consume meat and seafood, which are dominant as a source of protein. At Lubuk Pakam Adventist Middle School, there are 18 youths who are Adventist church members and 27 other youths who are non-Adventists. Based on a preliminary survey of adolescents at Lubuk Pakam Adventist Middle School, as many as 1 person (2.6%) was very thin, 3 people (7.8%) were thin, 8 people (21%) were obese, 24 people (63%) were normal, and 2 people (5.2%) were obese. The state of varying nutritional status is influenced by varied eating patterns [6].

Nowadays, teenagers eat a lot of foods that are not in accordance with their body's needs. Teenagers prefer fast food such as burgers, ice cream, fried chicken, pizza, and soft drinks with carbonation and high sugar content which are very intensively marketed.[7]. If the people's consumption of type the food is excessive, they will cause nutritional problems which are the risk of several diseases that currently rank the first causes of death such as hypertension, diabetes mellitus, and hypercholesterolemia.[8].

Factors that influence diet are: religion, culture, health, socioeconomic status, and parental occupation [7]. Based on research conducted by A Miko and PB Dina [9], that the eating pattern of Poltekkes Kemenkes Aceh students has an unfavorable tendency; the results of the study state that 91.0% of students have a pattern in the poor category, and there are only a few students who have a good diet, which is 9.0%.

Researchers will use of term diet 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 which is the existence of a good view and picture related to self-acceptance of physical conditions called body image.[10]

Research related to body image and diet has been carried out by several researchers [11] conducted research conducted with a sample of 130 high school students. Statistical tests showed body image in the negative category for as many as 70 respondents (53.85%). The diet pattern of teenagers in the medium category was 116

respondents (89.23%). The bivariate analysis showed p-value = (0.000) with an r-value of 0.714, meaning that there was a relationship between body image and adolescent diet at Wahid Hasyim High School Malang with a strong positive relationship. Researching the relationship between body image and diet is very important; if a person who has a negative body image of his body will blame the food that causes him to be; ugly, fat, and unattractive so that it will have an impact on eating disorders, whereas if he has a positive body image, then a person will feel comfortable with his body shape and direct him to a healthy diet[12]

METHODS

The type of research used in this research is descriptive-analytic using a cross-sectional approach, which aims to determine the relationship between body image and eating patterns of STIKes Santa Elisabeth Medan students in 2021. Cross-sectional research is a type of research that emphasizes the measurement time of data observation of independent and dependent variables only once at a time.[13]. The population in this study were all STIKes Santa Elisabeth Medan, students; the sample was taken using simple random sampling with a total of 110 respondents. Data collection by using a questionnaire. The data were analyzed using the chi-square test.

RESULTS

Research results are important for scientific research that can be explained and presented as a frequency distribution table.

Table 1. Characteristics Students of STIKes Santa Elisabeth Medan 2021

Characteristics	Frequency (f)	Percentage (%)
Age		
19-24	108	98.2
25-28	2	1.8
Total	110	100.0
Gender		
Man	17	15.5
Woman	93	84.5
Total	110	100.0

Table 1 shows that the majority of respondents aged 19-24 years were 108 people (98.2%), and categories based on female sex were 93 people (84.5%)

Table 2. Body image students of STIKes Santa Elisabeth Medan 2021

Body Image	Frequency (f)	Percentage (%)
Positive	31	28.2
Negative	79	71.8
Total	**110**	**100.0**

Table 2 shows that more than half of the respondents have a negative body image, as many as 79 people (71.8%).

Table 3. Eating patterns students of STIKes Santa Elisabeth Medan 2021

Dietary habit	Frequency (f)	Percentage (%)
Good	35	31.8
Enough	60	54.6
Not enough	15	13.6
Total	**110**	**100.0**

It can be seen that most respondents chose enough, namely 60 people (54.6%).

Table 4. The relationship between body image and the eating pattern students of STIKes Santa Elisabeth Medan 2021

Body Image	Dietary habit								p-Value
	Good		Enough		Not enough		Total		
	f	%	f	%	f	%	f	%	
Positive	21	67.7	6	19.4	4	12.9	31	100.0	0.001
Negative	14	17.7	54	68.4	11	13.9	79	100.0	

Based on the results of the study shown in table 4, shows that of the 31 respondents with a positive body image with a good diet, there are 21 (67.7%), and of the 79 respondents with a negative body image with an adequate diet, there are 54 (68.4%). The chi-square test obtained p value = 0.001; this shows a significant relationship between body image and the eating patterns of STIKes Santa Elisabeth Medan students.

DISCUSSION

Body image students of STIKes Santa Elisabeth Medan students

The results of research on students of STIKes Santa Elisabet Medan about body image showed that respondents with a positive body image were 31 people (28.2%) and negativeas many as 79 people (71.8%). This body image is because respondents are not satisfied with changes in the body's

structure, shape, and function. A person with has a negative body image will have a negative assessment of his body condition and perceive his body condition as unattractive to others.

It is supported by Honigam and Castle, which states that body image is a person's mental picture of the shape and size of his body, how the individual perceives and gives an assessment of what he thinks and feels about the judgments of others against him and his body size and shape. In this study, the results obtained from demographic data, the average age of respondents was 19-24 years (98.2%), where respondents preferred a negative body image as many as 17 people (41.4%). This is due to the condition of his body, and he perceives his body condition as unattractive to others.

According to Adelina[7], body image disorders are changes in body perception caused by changes in size, shape, structure, function, limitations, meaning, and object of a person. This disorder can occur at any time, such as unwanted weight loss or gain, loss of limbs, acne, and pain. If a person experiences a body image disorder, it can be seen from the signs and symptoms, namely refusing to see and touch the changed body parts, not accepting changes that have occurred or will occur, refusing to explain body changes, and

having negative perceptions of the body, preoccupation with missing body parts, express despair, and express fear.

Based on the statement above, it can be concluded that STIKes students have a body image disorder, with most of the respondents have a negative body image. This body image means that students have a negative assessment of their body condition and consider unattractive to others. So there needs to be a change in perceiving and assessing what they think and feel about their body size and shape as well as on other people's assessments of themselves so that they are better and towards a more positive direction (positive body image).

The eating pattern students of STIKes Santa Elisabeth Medan

The results of the study on students of STIKes Santa Elisabet Medan about eating patterns showed that respondents chose enough as many as 60 people (54.6%), both as many as 35 people (31.8%) and less as many as 15 people (13.6%). This eating pattern is because most students consume foods that are not in accordance with their body's needs. Students prefer fast food such as burgers, ice cream, fried chicken, pizza and soft drinks with carbonation and high sugar content, which are very intensively marketed so that if you consume too much of

this type of food, it will cause nutritional problems and some have consumed healthy food.

This eating pattern supported by Nurivita [14], which states that diet is an effort or a way of regulating the amount and type of food with informational descriptions including maintaining health, preventing or helping cure disease and nutritional status. From the results of this research, it was found that the majority of respondents had an adequate diet, as many as 18 people (43.9%). This eating pattern because respondents pay less attention to eating habits and do not know how important it is to maintain a diet.

This research is in accordance with Sudiaotama's theory. The pattern of eating that is formed is closely related to a person's eating habits. In general, factors that influence eating patterns are socio-cultural, gender, educational, environmental, economic, age, and religious factors.

Based on the statement above, it can be concluded that students have an adequate diet, where students eat a lot of food that is not in accordance with the body's needs. So it is necessary to improve the diet so that students avoid various diseases.

The relationship between body image and the eating pattern students of STIKes Santa Elisabet Medan

The relationship between body image and eating patterns students obtained p = 0.000 (p <0.05), indicating a relationship between body image and diet in STIKes Santa Elisabeth Medan students, meaning that diet greatly affects one's body image. The body image, the better the diet, and if the body image is negative, the eating pattern will be worse.

STIKes Santa Elisabeth Medan student has a negative body image with an adequate diet. In connection with the results obtained from respondents who have a negative assessment of their body condition and consider their body condition to be unattractive to others as a result of a bad diet in which students eat a lot of food that is not in accordance with the body's needs.

Based on Nurivita's research results [14] obtained a body image negative category for as many as 70 respondents (53.85%). The diet pattern of teenagers in the medium category was 116 respondents (89.23%). This body image means that there was the relationship between body image and the diet of teenagers at Wahid Hasyim High School, Malang. This body image because teenagers are less accepting of changes in their bodies and pay less attention to eating habits.

Based on Yunita's research results[15] 47 high school students concluded that body

image is related to diet by 51.5%. However, there are still other factors that affect eating patterns, namely developmental stage, social and economic factors, culture and religion, parents, self-esteem, appearance, food, knowledge, the intensity of interaction with peers, and mass media by 48.5%.

This body image supported by research by Khoiriyah [16]; an adolescents with an age range of 13-20 years experience rapid development of identity, self-image, and roles, according to Erikson's stage of development. At this stage, body image becomes important[16]. This body image impact the adolescent's excessive effort to control weight. Generally, occurs in adolescent girls, who experience weight gain during puberty where young girls feel displeased with their appearance and cause eating disorders.

According to Maulina[17], a student is an individual in a transition period, where his personality is still not stable or is still looking for self-identity. In this search process, a teenager will look for someone other than himself who deserves to be imitated so that whatever his idol does will be considered the best and become an example for him. Students also reinforced and supported by media impressions, both print and electronic media. The influence of the media is very

large because teenagers are the main consumers of various media shows, and television shows are usually more dominant in exerting this influence.

Based on research results Desti [18] obtained a value of a good enough value diet. A good diet contains food sources of energy, sources of regulatory substances, and sources of building blocks because all nutrients are needed for growth and maintenance of the body as well as brain development and work productivity, and are eaten in sufficient quantities according to needs. A balanced and safe daily diet is useful for achieving and maintaining optimal nutrition and health status. So, eating patterns are eating habit in a certain community group or a family in terms of the type and amount of food eaten.

Precipitating factors that affect eating patterns as we know that eating patterns are behaviors taken by a person in choosing, and using food ingredients in food consumption every day including the type offood, the amount of food and the frequency of food based on social factors, the culture in which they live. Life. Knowledge is the result of knowing, and this occurs after people perceive a certain object and are influenced by the intensity of attention and perception of the object of Notoadmodjo. Knowledge is a very important domain for one's actions,

because from experience and research results it turns out that behavior based on knowledge will be more lasting than behavior is not based on knowledge.

The allowance for giving pocket money to teenagers can trigger them to buy fast food, because the bigger the pocket money they get, the more likely they are to buy or consume fast food because of the price of fast food in the market tends to be high. Parents also contribute to a student's habit of consuming fast food, by giving pocket money and letting their children have snacks. As a result, children become more frequent and accustomed to consuming fast food.[19]

According to Rita [20], aspects of eating patterns and eating regularity, such as showing meal times (morning, afternoon, and evening). The regularity of eating is seen from the time used to eat and whether each time is fulfilled by eating activities. Eating habits in this case, can be seen in several things, including how to eat, where to eat and some of the activities carried out. Judging from the way of eating such as sitting, standing or lying down when eating. What kind of places to eat can increase appetite and what activities are done while eating that can make someone finish their food. Eating is done because of the demands of physiological needs (hunger), psychological needs (mood, feelings, moods), and social needs (conformity between peers, prestige). There are various reasons why a person fulfills his food needs. Estimates of the calories in food. The number of calories in food will be noticed by a person, especially if he is on a diet, either in medicine or body building that makes him look beautiful.

The results of research that has been carried out on STIKes Santa Elisabeth Medan students show that body image is related to eating patterns where the majority of respondents have negative body image while respondents also have an adequate diet. These students caused because the respondent is unable to perceive themselves or assess themselves so that negative body image disturbances can occur and affect eating patterns where eating habits begin to change in an unhealthy direction.

CONCLUSION

Based on the research done on STIKes Santa Elisabeth Medan students, it can be concluded that the majority of studentshave a negative body image as many as 79 people (71.8%) and have an adequate diet as many as 60 people (54.5%). There is a significant relationship between body image and eating patterns with p-value = 0.000. Students are expected to maintain a healthy

diet so that their body image is normal, and the campus provides counseling on eating patterns.

REFERENCES

1. Sembiring, AC. Relationship Analysis Body Image and Dietary Patterns on Nutritional Status of Students in the Department of Nutrition, Poltekkes, Ministry of Health, Kupang. CHMK Journal. 2018;2(2):32-37.

2. F. Nenobanu F, Kurniasari AI, Rahardjo MD. Factors Related to Fruit and Vegetable Consumption Behavior in Satya Wacana Christian University Dormitory Students. Indonesian Journal of Medical Science. 2018;5(1):95-105.

3. Hasmalawaty N. The Effect of Body Image and Eating Behavior on Self-Acceptance in Women. Journal. Psikoislamedia. 2017;2(2):107-115

4. Zahra A, Muniroh l. Nutrition Student Body Image and Its Relation to Energy Intake and Nutritional Status. Media Gizi Indonesia. Indonesia. 2020;15(2):66-72.

5. Hendarini AT. The Effect of Body Image and Eating Habits on Nutritional Status at SMAN 1 Kampar. Nutritions Journal. 2017;2(2):138-145.

6. Doloksaribu LG. Overview of Diet and Nutritional Status of Adolescents at Lubuk Pakam Adventist Middle School. Wahana Inovasi. 2019;8(2):28-34.

7. Erison A. "The relationship between body image and eating habits at SMA Padang. [Thesis]. Bogor: Institut Pertanian Bogor; 2014.

8. Rohmani A, Herawati E. "The Relationship Between Body Image And Self Esteem With Anxiety Levels Of Students Using Social Media At SMA Negeri 1 Semin. [Thesis]. Surakarta: Univeritas Muhammadiyah Surakarta; 2018.

9. Miko A, Dina PB. The Relationship between Breakfast Patterns and Nutritional Status in Students of the Health Polytechnic of the Ministry of Health of Aceh. Aceh Nutrition Journal. 2016;1(2):83.-87.

10. E. Yunita, Surbakti S, Hasnuddin S. The Effect of Demonstration Methods and Self-Concept on Intelligence Emotional Children aged 5-6 years at PAUD Kenanga Raya. Proceeding: The Dream of Millenial Generation to Grow. 2019.

11. Damarahak EG, Rachmat CAW, Trishinta SM. Body Image

Relationship To Adolescent's Diet Patterns At Wahid Hasyim Malang Middle School. Nursing News. 2019;4(2).
DOI: https://doi.org/10.33366/nn.v4i2.1996

12. Irawan SD, Safitri. The Relationship Between Body Image and Student Diet Behavior. Psikologi Journal. 2014;12(1):18–25.

13. Nursalam, Nursing Research Methodology: A Practical Approach 3rd Edition. Jakarta: Salemba Medika; 2020.

14. Nurvita V, Handayani MM. The Relationship Between Self-esteem and Body Image in Early Adolescents Who Have Obesity. *Psychology clinis. and Health. Mental.* 2015;4(1):1–9.

15. [15] Ramadhana CI. The Relationship of Physical Activity, Nutrition Knowledge and Body Image to the Nutritional Status of High School Adolescents. at SMK Negeri Sukaharjo. [Thesis]. Surakarta: Univeritas Muhammadiyah Surakarta; 2018.

16. Khoiriyah AL, Rosdiana AM. Self Acceptance Of Age Women In Malang City. Egalita Journal. 2019;14(2):42-53.

17. Maulina B, Sari DR. The Degree of Stress of New Students of the Faculty of Medicine Judging from the Level of Adjustment to Academic Demands. JPPK. 2018;4(1):1–5.

18. Desthi, Intani D, Idi, S Setiyobroto, Rini, Astuti W. The Relationship between Food Intake and Physical Activity With Nutritional Status of the Core Platoon of SMP N 5 Yogyakarta. Yogyakarta. [Thesis]. 2019. Available: http://eprints.poltekkesjogja.ac.id/1333/.

19. Arti NA, Suprianto. Correlation of Factors Triggering Snacking Habits in Al Khairiyah Elementary School Children in S[20] Felisitas G, Ritan, Murdhiono WR, Syafitri EN. The relationship between body image and diet and physical activity in obese students at the Faculty of Health, Universitas Respati Yogyakarta. Indonesian Nutrition Science. 2018;2(1):25-32.

20. Tunggal District, Deli Serdang Regency. Indah Sains Klinis Journal. 2020:1(1):6–11. Available: http://stickesindah.ac.id/jurnal/index.php/jisk/article/view/2/13.