

ABSTRACT

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The Relationship Between Diet Behavior and Body Mass Index (BMI), Stomach Circumference, and Upper Arm Circumference in Young Women at Xaverius 4 High School Palembang

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Physical changes in adolescents are characterized by an increase in body weight and height and an accelerated growth in the body. The existence of physical changes affects the psychological of adolescents. Teenagers are very attentive to appearance, tend not to be satisfied to see themselves in the mirror. This causes adolescents to control body weight in the wrong way and cause patterns of abnormal food intake and result in changes in nutritional status in the body. This study aimed to analyze the relationship of dietary behavior with BMI, abdominal circumference and upper arm circumference in adolescent girls at Xaverius 4 High School Palembang. This study used an analytical survey design with a cross sectional approach with a sample of 36 respondents. The instrument used was a questionnaire to measure dietary behavior, scales, microtoise, tape measure, and type insertion. Test analysis using the Spearman Rho test on diet behavior variables with BMI variables and abdominal circumference variables, while dietary behavior variables with upper arm circumference variables were analyzed using fisher exact test and phi coefficient. The results showed that most respondents had very high dietary behavior as much as 2 respondents (6.5%), normal BMI as many as 21 respondents (67.7%), abdominal circumference with central obesity as many as 5 respondents (16.1%), arm circumference for the risk of SEZ as many as 10 respondents (32.3%). Statistical results showed that there was no significant relationship between dietary behavior with BMI (p value = 0.074), abdominal circumference (p value = 0.312), upper arm circumference (p value = 0.350). In addition, there were 4 respondents (19.0%) who had normal BMI but had normal obesity.

Keywords: dietary behavior, body mass index (BMI), abdominal circumference, upper arm circumference