

Paper 23 - Allied Health

RELATIONSHIP OF BODY IMAGE AND EATING PATTERN ON NUTRITIONAL STATUS IN STUDENT NURSES OF UNIVERSITAS KLABAT

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ABSTRACT

Adolescence is a time which a person experiences a fast psychological development and physical changes. These physical changes will make teens to start pay more attention to their body shape and develop their body image picture. Biggest concern occurs when teens are not satisfied with their body image, especially in girls. This study aims to see a significant relationship between body image and eating pattern on nutritional status of the students of the Faculty of Nursing at Klabat. The design study is descriptive correlation with cross sectional approach, and the number of respondents as many as 43 people. The result is, majority of respondents (60.4%) have a positive body image with normal nutritional status. Results $p = 1000$, which means there is no significant relationship between body image and nutritional status of a student. It was also observed the majority of respondents (62.7%) have a good diet. $P = 0387$, which means there is no significant relationship between the eating pattern and nutritional status of a student. Researcher recommends that more specific research on the relationship of body image and diet on nutritional status student.

Keywords: Girls, Coed, Body Image, Diet, Nutritional Status

