FITRI ISNANI. Healthy Living Practices and Body Image of Female Students at senior high school 1 in Bogor City. Under supervision of DODIK BRIAWAN and TIURMA SINAGA.

The research aims were to study healthy living practices and perceptions of ideal body among female students. Design of the research was cross sectional study conducted in October 2010 in senior high school 1 Bogor city. Sample consisted of 40 students thin and 40 students normal. The results showed no significant relationship between personal hygiene practices, smoking practice, sports practice and healthy food practice with the nutritional status (p > 0.05). Vitamin C were the most frequent supplements consumed by the thin group (47.5%) and (45.0%) by the normal group. The thin nutritional status (75.0%) and normal (60.0%) have a negative body perception. It is recommended that the female students perception fit with their actual body size.

Keywords: healthy living practice, body image.