ABSTRACT

Objectives of this research were to analyze of nutrition knowledge, eating habits, physical activity, nutritional status and body image of normal and overweight/obese female adolescent at SMA Budi Mulia Bogor. Number of sample was 35 normal and 25 overweight/obese female students aged 15-18 years old. Body image was measured using Stunkard (1983) figures consist of 9 pictures representing body shape from very thin to fat. The socio-economic background of subjects was relatively not different between normal female adolescent and overweight/obese. The results of this study shows that the level of nutrition knowledge was fair (56.7%). Most of the energy (83.3%) and protein (65%) adequacy level samples were categorized as highly deficit. As many as 67% of samples had positive perception of body image. The normal female adolescent had more negative perceptions of body image than overweight/obese female adolescent. Nutritional status correlated significantly with physical activity (r= -0.280; p= 0.030) and body image (r= 0.387; p= 0.002).

Keywords: nutrition knowledge, eating habits, physical activity, nutritional status, body image, and female adolescent.