

RELATIONSHIP BETWEEN SLEEP QUALITY, BODY MASS INDEX, AND BODY IMAGE AMONG INDONESIAN YOUNG ADULT

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2025



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ABSTRAK

RAISSA RIANITY PUTRI. Hubungan antara Kualitas Tidur, Indeks Massa Tubuh, dan Citra Tubuh pada Orang Dewasa Muda Indonesia. Dibimbing oleh KANTHI ARUM WIDAYATI dan SARAH NILA.

Masalah kualitas tidur buruk, kelebihan berat badan, dan ketidakpuasan citra tubuh semakin sering dialami oleh dewasa muda. Penelitian ini menyelidiki hubungan antara kualitas tidur, indeks massa tubuh (BMI), dan citra tubuh pada 1.052 orang dewasa muda berusia 18–40 tahun. Rata-rata skor Pittsburgh Sleep Quality Index (PSQI) sebesar $9,06 \pm 2,99$ menunjukkan mayoritas partisipan memiliki kualitas tidur yang buruk. Rata-rata BMI sebesar $22,08 \pm 4,24 \text{ kg/m}^2$ tergolong normal menurut klasifikasi WHO. Skor citra tubuh rata-rata adalah $5,29 \pm 1,29$, yang mencerminkan tingkat kepuasan tubuh yang relatif tinggi. Tidak ditemukan hubungan yang signifikan antara kualitas tidur dan BMI. Namun, kualitas tidur berhubungan signifikan dengan citra tubuh. Partisipan dengan kualitas tidur yang buruk cenderung memiliki citra tubuh yang negatif. Selain itu, BMI juga berhubungan signifikan dengan citra tubuh. Individu dengan BMI tinggi cenderung memiliki citra tubuh yang negatif. Faktor sosiodemografi seperti usia, tempat tinggal, uang saku bulanan, dan frekuensi olahraga berkorelasi positif dengan BMI. Sebaliknya, jenis kelamin berkorelasi negatif, dengan perempuan memiliki BMI lebih rendah daripada laki-laki. Frekuensi olahraga juga berhubungan positif dengan citra tubuh.

Kata kunci: citra tubuh, dewasa muda, indeks massa tubuh, kualitas tidur

ABSTRACT

RAISSA RIANITY PUTRI. Relationship between Sleep Quality, Body Mass Index, and Body Image among Indonesian Young Adult. Supervised by KANTHI ARUM WIDAYATI and SARAH NILA.

Issues of poor sleep quality, overweight, and body image dissatisfaction are increasingly common among young adults. This study investigated the relationship between sleep quality, body mass index (BMI) and body image in 1,052 young adults aged 18-40 years. The mean Pittsburgh Sleep Quality Index (PSQI) score of 9.06 ± 2.99 indicated the majority of participants had poor sleep quality. The mean BMI of $22.08 \pm 4.24 \text{ kg/m}^2$ was normal according to WHO classification. The mean body image score was 5.29 ± 1.29 , reflecting a relatively high level of body satisfaction. No significant relationship was found between sleep quality and BMI. However, sleep quality was significantly associated with body image. Participants with poor sleep quality tended to have a negative body image. In addition, BMI was also significantly associated with body image. Individuals with high BMI tend to have a negative body image. Sociodemographic factors such as age, place of residence, monthly pocket money, and frequency of exercise were positively correlated with BMI. In contrast, gender was negatively correlated, with females having a lower BMI than males. Exercise frequency was also positively associated with body image.

Keywords: body image, body mass index, sleep quality, young adult

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Undergraduate Thesis
Intended to Acquire Bachelor Degree in
Biology Study Program

**DEPARTMENT OF BIOLOGY
FACULTY OF MATHEMATICS AND NATURAL SCIENCE
IPB UNIVERSITY
BOGOR
2025**



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Examination date:
3rd of June 2025

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FOREWORDS

Praise and gratitude to Allah subhanaahu wa ta'ala for all His gifts so that this scientific work can be successfully completed. The theme chosen in the research conducted from January to April 2025 is entitled "Relationship between Sleep Quality, Body Mass Index, and Body Image among Indonesian Young Adults". This research could not have been completed without the prayers and support of the people around me. Therefore, the author would like to express her deepest gratitude to:

1. Dr. Kanthi Arum Widayati, S.Si., M.Si. and Dr. Sarah Nila as supervisors for all the support and assistance they have provided thus far. The author is deeply grateful because they have not only acted as lecturers but also as friends who listened to all complaints.
2. The examiners who provided various suggestions to improve the quality of this thesis.
3. All parties involved in this research.
4. Mr. Amri Abdulah and Mrs. Netty Yulianti, the author's parents, who always provided support, making the conduct of this research feel lighter. Of course, also to the author's younger brother, Rangga Wirasena, who also provided support to the author.
5. The author's closest friends, including Faradiba Septiane, Alyne Azra Natassya, Silva Ristiana, Dhea Kamilya, Dini Khairani, Syalaisya Audyna, Gaetania Faza Adhara, Novia Amelia, Bahreni, Ihsanul Ishmatullah, Aisha Lateefa, Raihan Ramadhani, and Sofia Faradina. Without them, life during college, especially in this final semester, would have been very difficult to endure.
6. The author's childhood friends, namely Cindy Meylia, Anissa Nuria, Zakia Norma, Adika Nadhifatha, and Desfajar Nugraha, who have always supported and comforted the author during difficult times.
7. Dhava Arianto and Hani Fauziah, as fellow students under Ms. Kanthi's guidance, have always supported each other throughout this academic journey.
8. All the author's pet cats, who have always brought joy and companionship.
9. Fahim Rasyid Muhammad, who has always taught the author to be independent, enabling the author to continue learning how to navigate the ups and downs of life.
10. Eno Aulia Hapsari and Alfina Zalfa, who have helped provide advice so that the author can continue to grow.
11. The author's favorite musicians, especially Avenged Sevenfold and Fallin in Reverse, whose music has accompanied all phases of the author's life.

May this thesis contribute and be useful to anyone and any field that needs it.

Bogor, May 2025

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