

THE RELATIONSHIP OF BODY IMAGE WITH EATING PATTERN IN LEVEL 4 STUDENTS DURING THE COVID-19 PANDEMIC AT STIKES SANTA ELISABETH MEDAN

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ABSTRACT

Diet is one of the basic needs for humans, during the pandemic, there are changes in eating patterns such as conditions and time, causing a high body image. One of the causes of a high eating pattern is because the quarantine period makes students unable to manage eating schedules and sports activities are rarely done. Method :This study used a correlation research design with a cross sectional design. Technique sampling purposive sampling of 108 Level 4 students at STIKes Santa Elisabeth Medan. Results :The results showed that body image low (54.6%), and high diet (52.8%). Based on the results of the chi-square statistical test, a p-value of 0.001 ($p < 0.05$) was obtained., so that H_a is accepted, it means that there is a relationship between Body Image and Diet for Level 4 Students During the Covid-19 Pandemic Period at STIKes Santa Elisabeth Medan. Conclusion :Study this is expected to The next researcher is to be able to increase knowledge and insight about Body Image with eating patterns so that students are aware of and regulate irregular eating patterns better and consume healthy foods in order to produce a better body image. Respondents are expected to be able to schedule a regular diet with regular exercise activities.

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1. INTRODUCTION

COVID-19 is a global pandemic that has hit the world, including Indonesia. Almost all countries in the world are experiencing a COVID-19 pandemic, where this type of virus was discovered in 2019 and has never been identified to attack humans before. Indonesia is also one of the countries affected by this virus outbreak, the government's actions and full awareness of the community so that the number of the spread of this virus can be suppressed. The Indonesian government is handling social restrictions (social distancing), quarantine to prevent the spread of this virus so as not to infect more people. The central government treats Scaled Social Restrictions (PSBB) (Wahidah, 2020).

During the quarantine/self-isolation period, it has positive and negative impacts on student life, one of which can increase student appetite, which can be affected by stress caused

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by self-quarantine at home during the pandemic. This diet tends to lead to overeating with high-calorie food choices (Karina, 2020).

Food is one of the basic needs for humans, during the pandemic, the human diet has changed, such as the condition of food in the community during the COVID-19 pandemic. There was an increase in consumption of flour, eggs, long-lasting milk, while in England and Spain foods such as bread, chicken, milk, and bananas. In addition to diet, light physical activity can cause overweight. A good and healthy diet always refers to the state of nutrition according to needs (Hapsari, 2020).

body image is a person's judgment about body size, appearance and function of each part of his body that adolescents' thoughts about themselves relate to their bodies. The emergence of a negative body image can cause body image disturbances, disturbances in body image can be in the form of feelings of dissatisfaction with changes in body structure, shape and function. A person who has a negative body image will have a negative assessment of his body condition and perceive his body condition as unattractive to others (Ramonda et al, 2019).

Based on the above background, the researchers are interested in conducting research on the relationship between body image and diet in level 4 students during the COVID-19 pandemic. Medan in 2021. data, researchers first inventory all level 4 cellphone numbers and invite WhatsApp groups that will be conducted by researchers. Then the researcher explained to the respondents who had been invited to the WhatsApp group by socializing the time and date availability to the respondents. After the questionnaire has been provided by the researcher, the research will be carried out in the WhatsApp group. Finally, the researcher will ask each respondent to fill out a questionnaire via the google form link which first asks for willingness to become a respondent by reading the informed consent that has been provided by the researcher. Data collection through the google form link will be carried out as long as the respondents are willing to take the time to fill out the researcher's questionnaire. The steps and procedures for linking the google form during the research between researchers and respondents at STIKes Santa Elisabeth Medan.

Narcissism is defined as a factor that influences nutritional status. Diet can be judged directly from the quality and quantity of dishes. If the composition of the dish meets the needs of the body, both in quantity and quality, it will get the best health conditions and a good nutritional state can be achieved (Miko & Dina, 2016). Negative body image is the perception of someone who is dissatisfied with his body shape compared to others and feels ashamed and anxious about his body so that adolescents are dissatisfied with themselves, find it difficult to accept themselves as they are, responsive to praise, sensitive to criticism and pessimistic even some go on a diet to get the body shape they want (Sanjaya, 2018).

According to research conducted by female student body image (2015) it is stated that students who are overweight experience depression, despair, lack of self-confidence, are quiet, offended, feel left out and stay away from social life (Maryam & Ifdil, 2019). Imbalance between physical activity, energy intake and nutrients can cause obesity. Eating patterns that are the trigger for obesity are eating large portions of food or exceeding their needs. Overweight can cause body disorders so that it can cause disturbances in body image. Negative body image can affect body condition and perceive body condition as unattractive to people. other (Ritan, 2018). Improved body image in individuals is described by how far the individual is satisfied with body parts and overall physical appearance. A person's description of his physical condition. If a person feels that his physical condition is not in accordance with his ideal

concept, then he will feel that he has a deficiency in his physique or appearance, even though it may be considered by others to be physically attractive as it is so that it makes a person feel inferior. According to Grogan (2010) body image can be defined as a person's perceptions, thoughts, feelings about his own body (Maryam & Ifdil, 2019). Based on the above background, the researcher wants to conduct research on *Body Image* With the Diet of Level 4 Students During the Covid-19 Pandemic Period at STIKes Santa Elisabeth Medan.

2. METHOD

Research design correlation with a cross sectional approach. This research was conducted at STIKes Santa Elisabeth Medan. The time of the study was carried out on April 12 to April 29, 2021. The population in this study used a sampling technique, namely *Total Sampling* STIKes Santa Elisabeth Medan as many as 108 respondents. The research was conducted using an instrument in the form of a questionnaire from a google form with a link <https://docs.google.com/forms/d/12wxcxf1qrG9XUhpnfNtqBSCTQtdUAvt7IuscMEVguk/edit?usp=sharing>.

3. RESULTS AND DISCUSSION

The results of this study are about the characteristics of respondents at STIKes Santa Elisabeth Medan regarding body image in 4th grade students during the covid 19 pandemic.

Table 1.

Frequency Distribution of Respondents Based on Body Image of Level 4 Students During the Covid-19 Pandemic At STIKes Santa Elisabeth Medan

No.	Body Image	Frequency (F)	Percentage (%)
1.	Tall	49	45.4
2	Low	59	54.6
Total		108	100

Based on the results of the analysis in table 5.1, it was found that the body image of students was in the high category as many as 49 respondents (45.4%), and the low category as many as 59 respondents (54.6%).

Table 2.

Frequency Distribution of Respondents Based on Diet for Level 4 Students During the Covid 19 Pandemic Period at STIKes Santa Elisabeth Medan in 2021

No.	Dietary habit	Frequency (F)	Percentage (%)
1.	Tall	57	52.8
2	Low	51	47.2
Total		108	100

Based on the results of the analysis of table 5.2, it was found that the diet was in the high category as many as 57 respondents (52.8%), and low as many as 51 respondents (51.2%).

Table 3.

Results of Cross Tabulation Between Body Image and Diet for Level 4 Students During the Covid 19 Pandemic Period at STIKes Santa Elisabeth Medan in 2021

Dietary habit	Total	<i>p – value</i>
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<i>Body Image</i>	Tall		Low		f	%	
	f	%	f	%			
Tall	41	83.7	8	16.3	49	100	0.001
Low	16	27.1	43	72.9	59	100	

Based on the results of table 3 analysis of the distribution of respondent data, the results of the analysis of the relationship between body image and the diet of level 4 students during the covid 19 pandemic. Based on the results of the chi-square test, it was found that there were 41 of 49 respondents (83.7%) who had high body image. with a high diet, as many as 8 of 49 respondents (16.3%) had a high body image with a low diet, as many as 16 of 59 respondents (27.1%) had a low body image with a high diet, while 43 of 59 respondents (72.9%) have a low body image with a low diet. Based on the results of the Chi-square statistical test, a p-value of 0.001 ($p < 0.05$) was obtained so that it was concluded that there was a relationship between body image and the diet of level 4 students during the Covid 19 pandemic at STIKes Santa Elisabeth Medan..

discussion

Based on the results of research conducted by researchers at STIKes Santa Elisabeth Medan, through an online questionnaire obtained from (45.4%), and the low category as many as 59 respondents (54.6%). The author assumes that the factors that influence that a person will be confident when that person realizes his ideal body shape and people feel satisfied to see his body shape, students are able to accept themselves without having to think about most people's body standards. Body image is an individual's mental picture that is aimed at the size and shape of his body, how other individuals judge him, and how the individual will perceive and give an assessment of what he thinks and feels about his body size and shape.

body image Students are influenced by perceptions about body standards that are trending among students, starting to compete to adapt their bodies to these trends without looking at the good or bad of their body shape. This is what makes the student's body image of his body increasingly low. This is in line with body image, namely the subjective imagination that a person has about his body, especially in relation to the judgments of others, and how well his body must be adapted to these perceptions. The study also found that students view their bodies as not ideal such as their faces are less attractive, their bodies are too fat or thin, then the person becomes busy thinking about his physical condition, so that the body image that is shaped is low and it can be said that students do not have self-confidence. (Maryam & Ifdil, 2019).

body image with the changes that will occur, it can be experienced during a pandemic, where the lockdown has made all activities limited so that during the pandemic it is rare for students to do sports. Other research results found regarding body image in 4th grade students of STIKes Santa Elisabeth Medan that body image is still in the low category. This is because respondents rarely do regular exercise with the results obtained by researchers (54.6%).

Research result (Miko & Dina, 2016), about the eating patterns of (91.0%) have a low category level and this is related to the type of diet, the right time to eat, and the adequacy of energy and substances from the student's diet. An unbalanced diet creates an energy supply that is not in accordance with daily activities. According to (Afrilia & Festilia, 2018), at (18.5%) the level of eating patterns is low, this is due to the habit of eating patterns that are less varied in

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type which makes eating patterns less appetizing for dietary intake, with less varied foods making students have no appetite so that eating patterns become disorganized. Other research (Rosida & Dwihesti, 2020) in 17 students or as many as (42.5%), with low levels of eating patterns. Where students indulge in unhealthy eating patterns, besides that, students pay attention to their body shape so that many limit their food portions, and it is often done on eating less in order to get the ideal body shape according to them.

4. CONCLUSION

Based on the results of a study that totaled 108 respondents regarding the relationship between body image and diet for level 4 students during the Covid 19 pandemic at STIKes Santa Elisabeth Medan, it can be concluded that the level of body image in level 4 students at STIKes Santa Elisabeth Medan with a low category of 54.6%. The eating pattern of 4th grade students at STIKes Santa Elisabeth Medan in the high category as much as 52.8%. There is a significant relationship between body image and eating patterns in grade 4 students during the covid 19 pandemic at STIKes Santa Elisabeth Medan obtained $p\text{-value} = 0.001 < 0.05$

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