

**FACULTY OF HEALTH SCIENCES  
SILIWANGI UNIVERSITY  
TASIKMALAYA  
NUTRITIONAL STUDY PROGRAM  
2023**

**ABSTRACT**

**ERNI KUSUMAWATI**

***THE RELATIONSHIP BETWEEN EATING BEHAVIOR AND BODY IMAGE WITH THE NUTRITIONAL STATUS OF SANTRI (OBSERVATION STUDY AT PONDOK PESANTREN AL-FADILLAH, SINGAPARNA DISTRICT, TASIKMALAYA REGENCY, 2023)***

*Nutritional problems in adolescents basically arise due to incorrect nutritional behavior, namely the imbalance between nutrient consumption and recommended nutritional adequacy. The imbalance between intake and nutritional adequacy can affect nutritional status. Factors that affect nutritional status are eating behavior and body image. This study aims to analyze the relationship between eating behavior and body image with nutritional status in students at the Al-Fadillah Islamic Boarding School in Singaparna District, Tasikmalaya Regency. The research method is observational with a cross sectional approach. The sample in this study was 77 adolescent students with total sampling technique. Data collection using AFHC and BSQ-34 questionnaires, food recall interviews, microtoise, and digital stepping scales. The results of bivariate analysis of data using the Spearman Rank test. The results showed that there was a significant relationship between eating behavior with nutritional status ( $p = 0.017$ ), body image with nutritional status ( $p = 0.032$ ), and there was a relationship between intermediate variables consisting of energy intake (0.001), protein intake (0.004), fat intake (0.000) and carbohydrate intake (0.003) with the nutritional status of students at the Al-Fadillah Islamic Boarding School, Singaparna District, Tasikmalaya Regency. It is expected that students have the awareness to consume food according to a variety in accordance with balanced nutrition guidelines.*

*Keywords: Eating Behavior, Body Image, Nutrient Intake and Nutritional Status.*