



## NUTRITION EDUCATION VIDEO IMPROVES BODY IMAGE PERCEPTION AND EATING PATTERNS OF STUDENTS OF SMA NEGERI 2 TABANAN

Kadek Septine Melina Dewi<sup>1</sup>, I Putu Suiraoaka<sup>1\*</sup>, Ni Made Yuni Gumala<sup>1</sup>

<sup>1</sup>Nutrition Department, Poltekkes Kemenkes Denpasar, Indonesia

<sup>2</sup>Department, Institute, Country

\*suiraoaka@gmail.com

### Abstract

Body image is a person's subjective concept of his own physique. The nutritional status of adolescents is influenced by various factors, namely the perception of body image, eating patterns and other factors. The purpose of this study was to determine the effect of providing nutritional education videos through the Telegram application on the body image and eating patterns of female students at state Senior High School 2 Tabanan. This type of research is quasi-experimental with a one group pretest-posttest design. The sample size in this study is 69 samples. Variables were collected by interview method with body image and eating pattern questionnaire form SQ-FFQ. Data is presented with a frequency table and then analyzed using the Wilcoxon test. The results showed that before and after the intervention there were 56 samples (81.2%) and 26 samples (37.7%) had negative body image. Before and after the intervention there were 36 samples (52.2%) and 49 samples (71.0) with good eating types. Before and after the intervention there were 39 samples (56.5%) and 23 samples (33.3%) with less eating frequency. For the total intake of macronutrients, the results of data processing were obtained in the less/deficit category. The statistical test results stated that there was an effect of providing educational videos on body image with a p value of 0.000 (<0.05). Based on diet (type, frequency and amount) with all p values (<0.05) it was stated that there was an effect of giving educational videos on eating patterns.

Presented at The 3<sup>rd</sup>  
Bengkulu International  
Conference on Health  
(B-ICON),  
Bengkulu-Indonesia,  
September 12-14<sup>th</sup>, 2023

Published:  
December 2<sup>nd</sup>, 2023  
**Copyright** © 2023 by  
authors.  
ISSN : 2986-027X

**Keywords:** Body image; Eating patterns; Female students

### INTRODUCTION

High school students are included in a stage of development which is often referred to as puberty. For adolescents, appearance is a very important aspect in shaping one's image, which is related to

one's body image and greatly influences one's diet and nutritional status. (Johan, 2019) . Adolescent girls are a vulnerable group and their nutritional status needs to be considered, bearing in mind that their bodies need more energy and other nutrients to accelerate their growth and development. The nutritional problems of adolescents in Indonesia are very complex, including obesity, CED, stunting, malnutrition and micronutrient deficiencies such as anemia as well as drastic changes in body shape and body size which lead to the development of a bad body image related to wrong diet and lifestyle today. (Margiyanti, 2021) . Based on the results of Basic Health Research (Riskesdas) the nutritional status of adolescents aged 16-18 in 2018 nationally is for very thin nutritional status 1.4%, thin nutritional status 6.7%, normal nutritional status 78.3%, obese nutritional status 9.5% while the nutritional status of obesity is 4.0%. Based on Riskesdas data for the Province of Bali 2018, the prevalence of nutritional status based on Body Mass Index/Age (BMI/U) in adolescents aged 16-18 years, namely nutritional status with very thin body weight of 0.90% and wasting of 5.09%, status nutrition with fat body weight as much as 11.87% and obesity as much as 5.59%. As well as the prevalence of nutritional status in adolescents aged 16-18 years in Tabanan Regency with 0% underweight and 3.74% underweight, 18.95% overweight and 13.57% obese. (Ministry of Health, 2018).

Research from (Purnama, 2021) found that out of 27 respondents who had a negative body image, 10 respondents (37%) had good nutritional status, 8 respondents (29.6%) were overweight, 5 respondents (18.5%) were obese and 4 respondents (14.8) with poor nutritional status. Of the 35 respondents with a positive body image, 15 respondents (42.9%) were undernourished, 12 respondents (34.2%) were normal, 7 respondents (20%) were overweight and 1 respondent (2.9%) obesity class 1 . According to research conducted by (Hendarini, 2018) , diet and body image are related to nutritional status, with the results of nutritional status being overweight (42.8%), negative body image (51.5%), and eating patterns the bad (53.3%) <sup>( 5)</sup> . And according to Basir's research (2019) states that technological advances have had a significant impact on the selection of educational media, one of which is the internet.

SMA Negeri 2 Tabanan is one of the schools located at Jalan Mawar No. 80, Delod Peken, Tabanan District, Tabanan Regency, Bali. SMA Negeri 2 Tabanan was chosen because of the location of the school which is in an urban area, and because from the results of interviews most of the students answered that they were dissatisfied with their body size which meant they had a negative body image. Therefore, this school was chosen for the *study* . about how wrong and unhealthy eating patterns can be affected by body image.

Based on the description above, the author wants to know about the effect of providing nutrition education videos on the body image and eating patterns of female students through research with the title: The effect of providing nutrition education videos via the Telegram application on the body image and eating patterns of female students at SMA Negeri 2 Tabanan.

The general objective of this study was to determine the effect of providing nutritional education videos through the Telegram application on body image and eating patterns of female students at SMA Negeri 2 Tabanan. Meanwhile, the specific objectives of this study were to describe and measure the body image of female students at SMA Negeri 2 Tabanan before and after providing nutritional education videos via the Telegram application . Analyze the effect of providing nutrition education videos through the *Telegram application* on the body image of female students at SMA Negeri 2 Tabanan, and analyze the effect of providing nutrition education videos via the *Telegram application* on the eating patterns of female students at SMA Negeri 2 Tabanan.

## **MATERIALS AND METHODS**

This research was conducted at SMA Negeri 2 Tabanan which is located at Jalan Mawar No. 80, Delod Peken, Tabanan District, Tabanan Regency, Bali, for 1 month, in December 2022. This type of research is a *quasi-experimental research* with the research design used being *a one group pretest-posttest design*. The population in this study were all students of class XI majoring in Science and Social Studies at SMA Negeri 2 Tabanan for the academic year 2022/2023 and are still enrolled at SMA Negeri 2 Tabanan, with a total of 247 students. Based on the results of the sample calculation, 69 samples were obtained from 247 students of class XI Science and Social Sciences at SMA Negeri 2 Tabanan. The determination of the sample size was determined using a *proportional random sampling technique* . Data collection was carried out by direct interview method using sample identity forms, questionnaires on body image perceptions and eating patterns using the SQ-FFQ form in the last 1 month and providing nutrition education videos regarding body image and eating patterns of female students through the Telegram application, *where* every videos will be given 1 video a week for 1 month. The *pretest* and *posttest* data obtained were then presented with a frequency table and a cross table and then analyzed using the *Wilcoxon test* .

## **RESULTS AND DISCUSSION**

SMA Negeri 2 Tabanan, which is located on Jalan Mawar Grokgak Gede Tabanan Bali. The only one of the nine public high schools in Tabanan to receive A accreditation in 2018 is SMA Negeri 2 Tabanan, which was established on July 30, 1980. SMA Negeri 2 Tabanan has received direct guidance from the PSMA Directorate since 2011 which is one of 132 schools in Indonesia in order to

implement the SKM-PBKL-PSB Model School program (Independent Category Schools, Local Excellence-Based Education, and Learning Resource Centers). In 2019, SMA Negeri 2 Tabanan was designated as a Zoning High School with five impact schools located closest. As a result, the curriculum of SMA Negeri 2 Tabanan is significantly different from the curriculum of other SMAs in Tabanan Regency. PBKL elements with the theme "Basics of Tourism" with the aim of encouraging participants to acquire tourism competencies, especially guiding in anticipation of the needs of the job market in Bali. SMA Negeri 2 Tabanan has very adequate facilities/infrastructure, such as: principal/teacher/TU office, IT-based learning room, internet network, laboratory, PSB, counseling room, UKS/KSPAN room, skills room, bathroom/toilet, gamelan, and school canteen.

### **Characteristics of Subjects**

The results of this study are samples that are at a vulnerable age of 16-18 years who are still students in class XI IPA and Social Studies at SMA Negeri 2 Tabanan. After conducting a study of 69 samples, the most samples were obtained, namely at the age of 16, namely as many as 51 samples (73.9%), at the age of 17 there were 17 samples (24.6%) and the fewest at the age of 18 were 1 sample (1.4%).

#### *Body Mass Index (BMI) Before Intervention*

The results of a study conducted for 1 month showed that the BMI category of female students at SMA Negeri 2 Tabanan was classified into 4 categories, namely thin, normal, fat and obese. Of the 69 samples, it can be seen that before giving the nutrition education video, most of the samples were 46 samples (66.7%) with normal nutritional status and a small portion of the sample, 2 samples (2.9%) with obesity nutritional status.

#### *Body Mass Index (BMI) After Intervention*

The results of a study conducted for 1 month showed the BMI group of students at SMA Negeri 2 Tabanan, from 69 samples it can be seen that after being given a nutrition education video it was found that most of the samples were 49 samples (71.0%) with normal nutritional status and a small sample of 2 samples (2.9%) with obesity nutritional status.

### **Perceptions of female students' body image at SMA Negeri 2 Tabanan**

#### *Before Providing Nutrition Education Videos*

The body image perception data in the sample before being given the nutrition education video found that the majority of the sample, as many as 56 samples (81.2%) had a negative body image where the sample was dissatisfied with the shape and size of their bodies with their actual nutritional status.

which can be seen from the results of filling out the questionnaire given, namely there are 2 categories of images of women with different nutritional status from thin, normal, fat and obese, most of the samples choose the current body shape that is different from the one selected in the desired body shape of the sample so that it includes the sample has a negative body image because they are dissatisfied with their current body shape and size. Meanwhile, as many as 13 samples (18.8%) had a positive body image perception, and vice versa the samples had a positive body image because the sample was satisfied with the shape and size of their body in accordance with their actual nutritional status.

#### *After Providing Nutrition Education Videos*

The body image perception data in the sample after being given a nutrition education video through the telegram application obtained a sample of 43 samples (62.3%) who had a positive body image perception while 26 samples (37.7%) had a positive perception of body image. negative body image.

#### **Diet \_ Student at SMA Negeri 2 Tabanan**

##### *Before Provision of Educational Videos nutrition*

A diet that consists on type, frequency and amount (energy, protein, fat, carbohydrates). Based on variable research in the table below obtained that type material given food \_ Enough varied between sample among them there are 5-10 types even more. Before educational video provided nutrition obtained part big sample that is as many as 36 samples (52.2%) were good in consuming type material varied food \_ whereas as many as 22 samples (47.8%) were lacking in consuming type material varied food. \_ The results of data processing based on frequency Eat state that before educational video provided nutrition obtained part big sample that is as many as 39 samples (56.5%) have frequency eat less \_ whereas as many as 30 samples (43.5%) have frequency eat well.

The results of data processing according to amount intake energy, protein, fat and carbohydrates obtained with method interview use SQ-FFQ method and determined with compare consumption substance nutrition sample in accordance need energy, protein, fat and carbohydrates stated sample \_ in percentage. If percentage already \_ so level consumption categorized as become less/deficit (<80%), good/sufficient (80-110%), more (>110%). As for results amount intake energy before educational video provided nutrition obtained part big sample as many as 40 samples (58.0%) in category less / deficit and some small sample as many as 8 samples (11.6%) in category more. Result sum prior protein intake educational video provided nutrition obtained part big sample as many as 28 samples (40.6) in category less / deficit and some small as many as 16 samples (23.2%) in category more. Result sum prior fat intake educational video provided nutrition obtained part big sample as

many as 35 samples (50.7%) in category less / deficit and some small as many as 14 samples (20.3%) in category more , as well results amount intake carbohydrate before educational video provided nutrition obtained part big sample that is as many as 45 samples (65.2%) in category less / deficit and some small as many as 5 samples (5%) in category more kindly detailed data in full can see in table 1.

*After Provision of Educational Videos nutrition*

A diet that consists on type, frequency and amount (energy, protein, fat, carbohydrates). Based on variable research in the table below obtained that type material given food \_ Enough varied between sample among them there are 5-10 types even more. After educational video provided nutrition obtained part big sample that is as many as 49 samples (71.0%) were good in consuming type material varied food \_ whereas as many as 20 samples (29.0%) were lacking in consuming type material varied food. \_ The results of data processing based on frequency Eat state that after educational video provided nutrition obtained part big sample that is as many as 46 samples (66.7%) have frequency eat well \_ whereas as many as 23 samples (33.3%) have frequency eat less.

The results of data processing according to amount intake energy, protein, fat and carbohydrates obtained with method interview use SQ-FFQ method and determined with compare consumption substance nutrition sample in accordance need energy, protein, fat and carbohydrates stated sample \_ in percentage. If percentage already \_ so level consumption categorized as become less / deficit (<80%), good / sufficient (80-110%), more (>110%). As for results amount intake energy after educational video provided nutrition obtained part big sample as many as 49 samples (71.0%) in category good / enough and some small sample as many as 4 samples (5.8%) in category more. Result sum protein intake after educational video provided nutrition obtained part big sample as many as 49 samples (71.0) in category good / enough and some small as many as 6 samples (5.8%) in category more. Result sum fat intake after educational video provided nutrition obtained part big sample as many as 51 samples (73.9%) in category good / enough and some small as many as 6 samples (8.7%) in category more , as well results amount intake carbohydrate after educational video provided nutrition obtained part big sample that is as many as 48 samples (69.6%) in category good / enough and some small as many as 6 samples (8.7%) in category more . kindly detailed data in full can see in the table 1.

*Table 1. Distribution of Samples Based on Diet Before and After Providing Nutrition Education Videos*

Dietary Habits	Category	Observation Results			
		Before		After	
		f	%	f	%
Type Food	Good >10 types	36	52,2	49	71.0

	Less <10 types	33	47,8	20	29,0
Frequency Eat	Good > 5 times	30	43,5	46	66,7
	Less < 5 times	39	56,5	23	33,3
intake Energy	Less / deficit <80%	40	58,0	16	23,2
	Good / enough 80-110%	21	30,4	49	71,0
	More >110%	8	11,6	4	5,8
Total		69	100,0	69	100,0

**Influence Provision of Educational Videos nutrition Through Telegram Application Against Body Image Perception**

Based on table 2, results data analysis using the Wilcoxon statistical test on 69 samples obtained p value of 0.000 (<0.05) which means hypothesis in study This accepted. So that can conclude that exists influence provision of educational videos nutrition through telegram app against perception image body student at SMA Negeri 2 Tabanan. kindly detailed data can be seen in the table 2.

*Table 2. Test the Effect of Providing Nutrition Education Videos Through the Telegram Application on Body Image Perceptions*

Body Image Perception	n	Means	std. Deviation	P -value
Before	69	1.19	0.394	0.000
After	69	1.62	0.488	

**Influence Provision of Educational Videos nutrition Through Telegram Application Against Diet**

Data analysis was performed for now influence pattern meal consisting \_ on type, frequency and amount (of substance nutrition energy, protein, fat, carbohydrates). Based on table 3, results study shows that results data analysis using the Wilcoxon statistical test on 69 samples obtained mark *p value* 0.003 (<0.05) which means hypothesis in study This accepted. So that can conclude that exists influence provision of educational videos nutrition through telegram app against election type material food student at SMA Negeri 2 Tabanan. Research results show that results data analysis using the Wilcoxon statistical test on 69 samples obtained mark *p value* 0.010 (<0.05) which means hypothesis in study This accepted. So that can conclude that exists influence provision of educational videos nutrition through telegram app against frequency Eat student at SMA Negeri 2 Tabanan.

The Wilcoxon statistical test on 69 samples obtained mark *p value* 0.000 (<0.05) which means hypothesis in study This accepted. So that can conclude that exists influence provision of educational

videos nutrition through telegram app against amount intake energy student at SMA Negeri 2 Tabanan. Research results show that results data analysis using the Wilcoxon statistical test on 69 samples obtained mark *p value* 0.035 (<0.05) which means hypothesis in study This accepted. So that can conclude that exists influence provision of educational videos nutrition through telegram app against amount protein intake of female students at SMA Negeri 2 Tabanan.

Research results show that results data analysis using the Wilcoxon statistical test on 69 samples obtained mark *p value* 0.041 (<0.05) which means hypothesis in study this accepted. So that can conclude that exists influence provision of educational videos nutrition through telegram app against amount fat intake of female students at SMA Negeri 2 Tabanan.

Research results show that results data analysis using the Wilcoxon statistical test on 69 samples obtained mark *p value* 0.000 (<0.05) which means hypothesis in study This accepted. So that can conclude that exists influence provision of educational videos nutrition through telegram app against amount intake carbohydrate student at SMA Negeri 2 Tabanan. kindly detailed data can be seen in the table 3.

*Table 3. Test the Effect of Providing Nutrition Education Videos Through the Telegram Application on Diet*

Diet _		N	Means	std. Deviation	P -value
Type Material Food	Before	69	10,10	4.84	0.003
	After	69	11,22	3,23	
Frequency Eat	Before	69	15,15	6,33	0.010
	After	69	15.89	4.48	
intake Energy	Before	69	71,84	31.69	0.000
	After	69	85.95	19.49	
Protein Intake	Before	69	86,26	33,53	0.035
	After	69	91.05	29,20	
Fat Intake	Before	69	80,73	40,69	0.041
	After	69	88.57	21.65	
intake Carbohydrate	Before	69	66,10	32,69	0.000
	After	69	86,92	23.00	

Teenagers are very concerned about appearance, one of which is body shape. The high desire of adolescents to have an ideal body shape is a benchmark for adolescents having wrong eating habits, causing eating disorders that have a negative impact on young women (Anindita, 2021) . Based on the results of the research on the perception of the body image of female students at SMA Negeri 2 Tabanan, the dominant sample problem from this study was that those who had positive perceptions of body image were 43 samples (62.3%) where adolescents were satisfied with the shape and size of their bodies so they had expectations that were appropriate with his wish. while those who had



negative perceptions of body image were 56 samples (81.2%) where adolescents were dissatisfied with the shape and size of their bodies so they had expectations that were not in accordance with their wishes.

This is in accordance with research (Astini & Gozali, 2021) which states that the majority of young women have a negative body image of 26 people (54.2%), while those who have a positive body image are as many as 22 people (45.8%) ( <sup>7</sup> ). In addition, the results of this study are in accordance with research conducted at SMAN Bogor showing 94.8% of female students have negative body perceptions, and can influence environmental factors such as parents (90.9%), friends (80.5%) and mass media (68.8%) (Sitoayu et al., 2022) .

In this situation, many teenagers are dissatisfied with their appearance, especially how they perceive their bodies. Teenagers are trying hard to get a tall and slim body type. In fact, many young women are not happy with their bodies because they don't match their ideal body type. Because the sample believes that their body is heavier than it actually is, they have a negative perception of their body. Even though the sample as a whole had a good body image, some individuals cared little about their appearance and felt confident about their current appearance.

Based on the results of research related to eating patterns consisting of type, frequency, and amount (energy, protein, fat, carbohydrates) it was found that before the intervention most of the samples consumed less varied types of foodstuffs, namely as many as 33 samples (47.8%) while after the intervention experienced a difference, namely as many as 20 samples (29.0%) consumed less varied types of foodstuffs. To create a balanced intake of nutrients that cannot be met with just one type of food, consumption of less diverse daily foods can cause an imbalance between intake and the need for nutrients needed for a healthy and productive life. Even though the more diverse or varied the food consumed, the more nutritional needs are met, which has an impact on their health and nutritional status, adolescents tend to choose the foods they like with various types ( S'ari , A. N., et al. 2022).

This research is in line with research conducted (Damayanti, 2022) seen based on food composition. Because teenage girls consume a variety of foods, including sources of carbohydrates, animal protein, vegetables, and fruit, the majority of teenage girls have types of food that are considered good, namely as many as 54 teenagers. female (93%). However, because the respondents did not consume a variety of foods, the majority did not consume vegetables and fruit, and tended to eat foods they liked with various types, there were still many young women who had less types of food, namely as many as 4 young women (7%) .

After statistical testing using the *Wilcoxon test* on 69 samples before and after being given the nutrition education video, the results of data analysis were obtained with a p value of 0.000 (<0.05), which means that the hypothesis in this study was accepted. Based on this analysis, it can be concluded that there is an effect of providing nutritional education videos through the telegram application for 4 weeks on the body image of female students at SMA Negeri 2 Tabanan. This research is in line with research (Nurul Azzahra Putri, 2022) , which found that prior to nutrition education, students' perceptions of body image had the most indicators (86.7%) stating that students' body image was classified as negative, and body image perceptions the image of the students after being given nutrition education all (100%) stated that the body image of the students was considered positive. Based on the results of the *Wilcoxon test*, it was obtained that the value of  $p = 0.000$  ( $p < 0.05$ ) indicated that nutrition education using animated videos had an effect on the perception of *body image* in adolescent students at Adolescent Students at SMK Al-Muhadjirin 2 Health, East Bekasi.

Based on the results of the bivariate analysis with the *Wilcoxon test*, it was found that there was an effect of providing nutrition education videos on eating patterns consisting of type, frequency, and amount (energy, protein, fat and carbohydrates) for female students at SMA Negeri 2 Tabanan, where the results of the study before being given educational videos In terms of nutrition, most of the samples lacked an understanding of a nutritionally balanced diet, while after being given nutrition education videos, they experienced an increase from poor to good understanding of diet. This research is in line with that conducted by Dewi Harris (2018) that animation media counseling influences students' attitudes towards nutritious, balanced and safe food. In this case, the attitude of students in choosing nutritious, varied, balanced, and safe foods is influenced by the introduction of pictures and objects in animation that are introduced during the counseling process. Education in this study uses video media and teaching materials related to balanced nutrition and eating patterns, to help teenagers choose a variety of foods, regulate the correct frequency of eating and eat foods according to nutritional needs.

## CONCLUSIONS

The conclusions in this study are : 1). Body Image, from the research results before being given the nutrition education video, it was found that there were 56 female students with negative body image perceptions (81.2%). Meanwhile, after being given nutrition education videos, young women were found with a positive body image perception of 43 people (62.3%). 2). Diet \_ consists from types of foodstuffs varied as many as 36 people (52.2%) and after being given education as many as 49 people (71.0). For the frequency of eating, it was found that most of the students were lacking as many as 39

people (56.5%) and after being given education there were 23 people (33.3%). For energy intake, most of the female students were in the less/deficit category, namely 40 people (58.0%) and after being given education there were 16 people (23.2%). For protein intake, most of the female students were in the less/deficit category, namely 28 people (40.6%) and after being given education there were 14 people (20.3%).

For fat intake, most of the female students were in the less/deficit category, namely 35 people (50.7%) and after being given education, there were 12 people (17.4%). For carbohydrate intake, most of the female students were in the less/deficit category, namely 45 people (65.2%) and after being given education there were 15 people (21.7%) 3). There is an effect of providing nutritional education videos through the *Telegram* application on the body image of female students at SMA Negeri 2 Tabanan with a p value of 0.000 (<0.05). 4). There is an Effect of Providing Nutrition Education Videos Through the *Telegram Application* on the Eating Patterns of Students at SMA Negeri 2 Tabanan. Where is the p value obtained (<0.05) of the type of food, frequency of eating and the amount of intake of energy, protein, fat, carbohydrates. So that it can be concluded that students who have a negative body image are given counseling and education regarding body image perception so that students realize that their opinion is wrong by giving this educational video to be continued so that high school students have a positive body image perception. As well as to prevent nutritional problems in adolescents who are still very productive, it is important to provide knowledge and education about diet and balanced nutrition to female students. This will help them understand the importance of intake of nutrients in food for the process of growth and development with educational videos to form a good diet.

## REFERENCES

- Anindita, SM (2021). Young Women Models: Body Image and Bulimia Nervosa. *Muqoddima Journal of Sociological Thought and Research* , 2 (1), 19–36. <https://doi.org/10.47776/mjprs.002.01.02>
- Astini, NNAD, & Gozali, W. (2021). Body Image as a Determining Factor in Improving the Nutritional Status of Young Women. *International Journal of Natural Science and Engineering* , 5 (1), 1. <https://doi.org/10.23887/ijnse.v5i1.31382>
- Damayanti, ER (2022). The Relationship between Diet, Physical Activity, and Body Image with Overnutrition Status in Young Girls at SMA Negeri 3 Tambun Selatan. *Indonesian Journal of Health Development* , 4 (1), 35–45. <https://doi.org/10.52021/ijhd.v4i1.69>
- Hendarini, AT (2018). The Influence of Body Image and Eating Habits on Nutritional Status at Sman 1 Kampar in 2017. *Journal of Nutrition (Nutritions Journal)* , 2 (2), 138–145.
- Johan, FA (2019). *Relationship Between Body Image (Body Image) With Confidence in High School Students in Pekanbaru City* . 9–25.

- Ministry of Health. (2018) "Research Results Basic Health Year 2018." RI Ministry of Health 53(9):1689-99.
- Margiyanti, NJ (2021). Analysis of Level of Knowledge, Body Image and Diet on Nutritional Status of Young Women. *Baiturrahim Jambi Academic Journal* , 10 (1), 231. <https://doi.org/10.36565/jab.v10i1.341>
- Nurul Azzahra Putri, SA (2022). The Effect of Nutrition Education with Animated Videos on the Perception of Adolescent Body Image at SMK Al-Muhadjirin 2 Health, East Bekasi in 2022. *Journal of Education and Counseling* , 4 (4), 79. <https://core.ac.uk/download/pdf/322599509.pdf>
- Purnama, NLA (2021). Body Image, Eating Behavior And Nutritional Status Of Youth Body Image, Eating Behavior and Nutritional Status in Adolescents Ni Luh Agustini Purnama Professional Study Program Nurse STIKES Catholic St. Vincentius a Paulo Surabaya. *Scientific Journal of Nursing* , 7 , 352–358.
- Sari, AN, Meriwati , M., Suryani , D., Nurhayati , N., & Okfrianti , Y. (2022). Influence Education nutrition Through Video Animation Media To Knowledge, consumption patterns and nutritional status of elementary school children in the work area Public health center Bengkulu City God Lake in 2022
- Sitoayu, L., Dewi, YK, Juliana, Febriana, R., Windhiyaningrum, R., Dewanti, LP, & Rumana, NA (2022). Improving Body Image Understanding Through Online Education for Women of Reproductive Age. *Indonesian Journal of National Service (JPN)* , 3 (1), 9–14. <https://doi.org/10.35870/jpni.v3i1.54>