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THE RELATIONSHIP OF NUTRITIONAL KNOWLEDGE AND DIETARY HABITS OF ADOLESCENT GIRLS

(Study at Darul Mustofa Burneh Middle School, Bangkalan)

ABSTRACT

Dietary Habits is a person's habit of consuming food to fulfill nutritional needs. In adolescents this habit includes the frequency of eating, food distribution and how to choose food. In a preliminary study conducted in the area of SMP Darul Mustofa Burneh Bangkalan, there were 3 adolescents (30%) who had healthy dietary habits and 7 adolescents (70%) who had unhealthy dietary habits. The purpose of this study was to determine the relationship between nutritional knowledge and dietary habits of adolescent girls.

This research was carried out after being declared Ethically Likely by the Ethics Council of KEPK NHM with Reg No. 2327 /kepk/stikes-nhm/ec/xi/2024: 2327 /KEPK/STIKES-NHM/EC/XI/2024. This research design uses correlation analytics with a cross sectional approach. The independent variable is Nutrition Knowledge, and the dependent variable is Dietary Habits. The study population was 97 adolescent girls with a sample of 78 people with probability sampling technique with stratified random sampling. The research instrument used a nutrition knowledge questionnaire and Dietary Habits. The analysis test used the sperman rank statistical test with $\alpha = 0.05$.

The results of statistical tests of nutritional knowledge with dietary habits in adolescents obtained p value = 0.017 ($< \alpha 0.05$) so that there is a relationship between nutritional knowledge and dietary habits of adolescent girls with a correlation of 0.269 interpretation is quite strong.

Based on the results above, it is hoped that atulation can increase their knowledge about nutrition through the media, information from school or from parents with interactive delivery, such as discussions and simulations of preparing a balanced menu, by providing healthy food and teaching how to read nutrition labels. Apart from that, the use of social media and educational videos can disseminate information in an interesting and easy to understand way. So, with good nutritional knowledge, it is hoped that teenagers will have good dietary habits too.

Keywords.: Nutrition Knowledge, Dietary Habits of Adolescent Girls