

THE DIET BEHAVIOR OF FEMALE ADOLESCENTS OF FIRST GRADE AND SECOND GRADE OF SENIOR HIGH SCHOOL 1 DEPOK SLEMAN YOGYAKARTA

Widyawati¹, Dwi Yulinda², Fitriani Mediastuti³

ABSTRAC

Background : Nutrition problem in Indonesia is still dominated by Chronic Energy Deficiency especially in big cities. The prevalence of Chronic Energy Deficiency in urban areas is higher with Sleman region that records the highest rate (21,71 %). Due to being dominated by 15 to 17 years-old adolescents who are still study in Senior High School, the researcher preferred Senior High School 1 Depok Sleman Yogyakarta as the research site.

Purpose : To find out the diet behavior of female adolescents of first grade and second grade of senior high school 1 Depok Sleman Yogyakarta

Method : This was a descriptive research with cross sectional approach. Population was 15 to 17 year-old female adolescents who were willing to be respondents. The respondents were collected with total sampling technique and 235 respondents were qualified to be set as research samples. Analysis was univariate consisting of frequency distribution and percentage.

Result : The result of research applied in Senior High School 1 Depok Sleman Yogyakarta suggested that most of the female students had deviate diet behavior (91,5 %) and few of them had appropriate diet behavior (8,5 %).

Conclusion : Female adolescents of first and second grade of Senior High School 1 Depok Sleman Yogyakarta mostly had deviate diet behavior as many as 215 respondents (91,5 %).

Keywords : The Diet Behavior of Female Adolescents.

PERILAKU MAKAN REMAJA PUTRI KELAS X DAN XI SMA N 1 DEPOK SLEMAN YOGYAKARTA

Widyawati¹, Dwi Yulinda², Fitriani Mediastuti³

INTISARI

Latar Belakang : Masalah gizi di Indonesia masih didominasi oleh KEK (Kekurangan Energi Kronis) terutama terjadi di kota besar. Prevelensi KEK (Kekurangan Energi Kronis) lebih tinggi terjadi di wilayah perkotaan dengan angka tertinggi di Kabupaten Sleman (21.71%). Didominasi oleh remaja usia 15-17 tahun yang sedang menempuh pendidikan tingkat SMA, sehingga peneliti memilih SMA N1 Depok Sleman Yogyakarta sebagai tempat penelitian.

Tujuan : Untuk mengetahui perilaku makan remaja putri kelas X dan XI SMA N1 Depok Sleman Yogyakarta.

Metode Penelitian : Merupakan penelitian deskriptif dengan pendekatan *cross sectional*. Populasi yang digunakan remaja putri usia 15-17 tahun dan bersedia menjadi responden, jumlah populasi 235 responden dengan teknik penentuan *total sampling* dan didapatkan jumlah 235 responden sebagai sampel penelitian, Analisis yang digunakan univariat yang berupa distribusi frekuensi dan persentase.

Hasil Penelitian : Hasil penelitian yang dilakukan di SMA N 1 Depok Sleman Yogyakarta menunjukkan bahwa sebagian besar siswi berperilaku makan menyimpang (91.5%) dan sebagian kecil berperilaku makan tidak menyimpang (8.5%).

Kesimpulan : Remaja putri kelas X dan XI SMA N1 Depok Sleman Yogyakarta sebagian besar berperilaku makan menyimpang 215 responden atau (91.5%).

Kata Kunci : Perilaku makan remaja putri.