

NUTRITION FULFILLMENT IN ADOLESCENTS: BEWARE OF OBESITY

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NUTRITION FULFILLMENT IN ADOLESCENTS: BEWARE OF OBESITY

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ABSTRACT

Health counseling activities given to adolescents about Obesity at the Islamic Boarding School of Tahfidz Putri Hidayatullah, Sidoarjo are a form of community service in the form of counseling aimed at the knowledge of young girls who are at the Islamic Boarding School of Tahfidz Putri Hidayatullah, Sidoarjo about obesity in order to welcome Children's Nutrition Day so that these young women are able to increase their knowledge related to the fulfillment of balanced nutrition according to the needs of their bodies. The activity will be held on January 28, 2022, at the Islamic Boarding School of Tahfidz Putri Hidayatullah, Sidoarjo. With the target is the young women who are in the Islamic Boarding School of Tahfidz Putri Hidayatullah, Sidoarjo. Prior to the implementation of these activities, there is a process of preparing activities for approximately 3 weeks before the activities are carried out, starting from determining the theme of the extension to applying for permits to the relevant parties. As a form of evaluation, the activity was attended by 30 young women, participants participated in the activity with great enthusiasm, health promotion activities could run on time and smoothly.

Keywords: Nutrition Fulfillment, Adolescents, Obesity.

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INTRODUCTION

Adolescent is someone who enters the transition period from children to adults. According to the Regulation of the Minister of Health Number 25 of 2014, a person is categorized as entering adolescence when he is 10-18 years old (Rahmawati, 2021). Adolescence is a period when a person is vulnerable to the fulfillment of nutrition in accordance with the needs of his body. Adolescence is very vulnerable to nutritional fulfillment that is not in accordance with the needs of the body (Riesmiyatiningdyah, et al., 2021). The habits of a teenager to consume foods that are high in fat are quite high, such as junk food. In addition, the habit of young women to consume sweet foods, such as chocolate, when they experience an event that affects their mood (Masdar, et al., 2016). However, sometimes young women also don't want to eat when they are facing their menstrual period due to the menstrual pain they are experiencing. These habits are often followed by unhealthy habits, such as lying down or lack of exercise (Pramono & Sulchan, 2014).

Based on the above incident, it is necessary to provide information related to the fulfillment of nutrition in accordance with the body's needs to young women, so that they can know their body condition. Therefore, the community service implementation team conducted counseling to young women at the Islamic Boarding School of Tahfidz Putri Hidayatullah, Sidoarjo with the title Nutrition Fulfillment in Adolescent: Beware of Obesity.

OBJECTIVES

General Purpose

After the counseling is done, it is hoped that the young women who are at the Islamic Boarding School of Tahfidz Putri

Hidayatullah, Sidoarjo are able to identify conditions for fulfilling nutrition to avoid obesity.

Special Purpose

After implementing this community service activity in the form of health counseling, it is hoped that young women who are at the Islamic Boarding School of Tahfidz Putri Hidayatullah, Sidoarjo are able to:

1. Know the definition of obesity;
2. Know the causes of obesity;
3. Perform measurements of Body Mass Index (BMI);
4. Know the complications of obesity conditions; and
5. Know the appropriate diet to meet the nutritional needs of the body.

PLAN OF ACTION

Strategy Plan

Prior to the implementation of this community service activity, the implementers of community service activities coordinated with the head of the Islamic Boarding School of Tahfidz Putri Hidayatullah, Sidoarjo to request permission to carry out health counseling activities in the context of Children's Nutrition Day and provide useful knowledge for the students of the Islamic Boarding School of Tahfidz Putri Hidayatullah, Sidoarjo. After getting permission to carry out this community service activity, the implementers of community service activities made a contract for the implementation of the activity with the parties and young women at the Islamic Boarding School of Tahfidz Putri Hidayatullah, Sidoarjo.

Implementation

In the process of implementing this community service activity, the implementers of community service activities re-coordinated with the leadership of the Islamic Boarding School of Tahfidz Putri Hidayatullah, Sidoarjo for the implementation of community activities with the title Nutrition Fulfillment in Adolescents: Beware of Obesity. After that, the implementers of this community service activity gathered the young women who were at the Islamic Boarding School of Tahfidz Putri Hidayatullah, Sidoarjo. The implementers of this community service activity also prepare health education materials to be delivered, as well as prepare a place for the implementation of the activity. After the preparation process is complete, the implementers deliver the information that has been prepared. All processes carried out by community service implementers for the implementation of this activity take about 3 weeks, starting from the licensing process to the implementation of the activity.

Setting

This community service activity was carried out on January 28, 2022 at the Islamic Boarding School of Tahfidz Putri Hidayatullah, Sidoarjo.

Target

The target population for the implementation of this community service activity was 30 young women at the Islamic Boarding School of Tahfidz Putri Hidayatullah, Sidoarjo.

RESULTS AND DISCUSSION

This community service activity was carried out on January 28, 2022 at 15.30 WIB to 17.00 WIB. The implementation

time is slightly longer than the planned time, because the enthusiasm of the participants is indicated by the many questions that arise from the activity participants. The activity was carried out at the Islamic Boarding School of Tahfidz Putri Hidayatullah, Sidoarjo according to the plan. All of the target population for this community service activity as many as 30 young women can participate in the implementation of community service activities with the title Nutrition Fulfillment in Adolescents: Beware of Obesity with enthusiasm and conducive.



Figure 1. Opening of Community Service Activities with the title Nutrition Fulfillment in Adolescents: Beware of Obesity.

The management of the Islamic Boarding School of Tahfidz Putri Hidayatullah, Sidoarjo participated in the process of preparing the infrastructure for the implementation of this community service activity.



Figure 2. Presentation of Materials on Fulfillment of Nutrition for Adolescents according to the Body's Needs to Avoid Obesity.



Figure 3. Q&A session related to the material that has been delivered.

Based on the results of the evaluation, it was found that around 87.5% of the participants had understood the information conveyed in this community service activity.

CONCLUSION

All young women at the Islamic Boarding School of Tahfidz Putri Hidayatullah, Sidoarjo have understood the fulfillment of balanced nutrition and according to the needs of their bodies, so that they can avoid obesity.

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