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Family eating habits among overweight adolescents in SMAN 16 Makassar[☆]



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KEYWORDS

Eating habits;
Family;
Fluid intake;
Overweight;
Adolescents

Abstract

Objective: This research aims to know the description of the diet and drink obese adolescents at SMAN 16 Makassar.

Method: The type of research used is descriptive research design. The sample of this study was adolescents of class X and XI who had more nutritional status with a total sample of 64 people.

3 **Sample was selected using exhaustive sampling.**

Results: The results of this study showed that 70.3% of samples were overweight and 29.7% were obese. The most commonly available types of food are 28.1% beans. The type of sweet food most often available at home is wafers/biscuits 54.7. The most frequently used space for breakfast and dinner by father, mother and child is the dining room (53.1%, 56.2% and 59.4%). For eating time with family is at dinner 54.7%. The average father's eating habits are irregular eating in the afternoon 18.7%. The average mother's habit is lunch/dinner 18.7%. The average eating habits of children are eating up and late lunch/dinner 6.25%. The most widely consumed type of fluid is water, fat (914.25 mL/day) and obesity (988.42 mL/day).

Conclusion: It is expected that over nutrition adolescents should get enough information about their diet, especially fluid intake.

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Introduction

According to the World Health Organization in 2018 revealed the number of children and adolescents in the world who have suffered obesity increased by ten kalilipat in the last 40 years. In the year 2016, more nutritional prevalence at the age of 5–19 years reached 216 million children. Childhood

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obesity continues to increase in countries in the world with high economic and income, increasing prevalence of obesity in adolescents and children with the highest numbers found in East Asia, the Middle East, and North Africa. A very fast improvement in the lately occurring in Asian Countries located¹ Basic health Research Results (RISKESDAS) showed an increase in prevalence of children aged 16–18 years in the Fat category of 2007 by 1.4%.²

Average teenagers do not do the recommendation to drink 8 glasses a day and only drink when thirsty without regard to the adequacy of fluids needed by the body. Good knowledge can affect the consumption of liquids both in terms of quality and quantity, as well as in the habit of drinking daily. The better knowledge will encourage a person to consume liquid.³ The level of dehydration in adolescent nutrients is higher when compared to adolescents normal nutritional status this is due to adolescents whose nutrients more water volume out in the body more so that it can cause more dehydration due to the loss of fluid that Removed from the body. In adolescents more nutrients, total body water is lower compared to non obesity because the water content in the fat cells is lower than the water content in the muscle cells. Thus, obese students are more easily experiencing fluid deficiencies compared to non obesitas adolescents.⁴ Our study aims to determine the types of foods and fluids that were frequently consumed by adolescents at SMAN 16 Makassar.

Methods

Design

The type of research used is the design of descriptive research.

Population and study setting

This research was conducted at SMA Negeri 16 Makassar, South Sulawesi province. The study was conducted in January–February 2019. These research samples are X-grade and XI adolescents who have more nutritional status. A sample number of 64 people was obtained. The sampling technique in this study is a total sampling (exhaustive).

Variables

Family eating habits, measured by the family eating habits questionnaire acquired by the Golan, M. and Weizman Questionnaire, A. Type of fluid consumption is measured by BEVQ-15.

Data collection

Data was analyzed using SPSS and Microsoft Excel.

Results

The research results for the distribution of characteristic respondents showed that from 64 samples, 37 (57.8%) Sample class X and 27 (42.2%) XI class samples, including 48

Table 1 Respondents distribution based on respondent characteristics At SMAN 16 Makassar.

Respondent characteristics category	Frequency	Percentage (%)
<i>Kelas</i>		
X	37	57.8
XI	27	42.2
<i>Gender</i>		
Female	48	75.0
Male	16	25.0
<i>Age</i>		
14	4	6.3
15	29	45.3
16	23	35.9
17	8	12.5
<i>Special diet</i>		
No	54	84.4
Diet	10	15.6
<i>Drug consumption</i>		
No	63	98.4
Allergic drugs	1	1.6
<i>Father's job</i>		
Field of service	2	3.1
Self employed	40	62.5
PNS	12	18.8
Private employees	1	1.6
Labor	9	14
<i>Mother's work</i>		
Self employed	4	6.2
PNS	7	11
Housewives	53	82.8
Total	64	100.0

Source: Primary Data 2019.

(75.0%) Female gender and 16 (25.0%) Others are men. Based on the most age of the sample is 15 years old, 29 (45.3%) And the least is 14 years of age, 4 (6.3%) samples, which are running a diet of 10 (15.6%) Sample and some of the drug consumption is 10 (15.6%). The characteristics of a sample parent's work show that the most father's work is as an entrepreneurial 40 (62.5%) And the most maternal work is as IRT as much as 53 (82.8%) (Table 1).

Distribusi responden berdasarkan kebiasaan makan keluarga ketika merasa lapar rata-rata ibu dan ayah memilih tidak makan. Rata-rata kebiasaan makan ayah, ibu dan anak adalah biasa. Jenis makanan yang paling banyak tersedia di rumah adalah 28.1% kacang. Jenis makanan manis yang paling banyak tersedia di rumah adalah 54.7% wafer/biskuit. Untuk frekuensi membeli makanan manis jarang 39.1%. Ruang yang paling banyak digunakan saat sarapan dan makan malam oleh ayah, ibu dan anak adalah ruang makan (53.1%, 56.2% dan 59.4%). Untuk makan malam dengan keluarga adalah makan malam 54.7%. Kebiasaan makan ayah adalah makan tidak teratur di sore hari 18.7%. Kebiasaan makan ibu adalah makan malam/lunch/malam 18.7%. Kebiasaan makan anak adalah makan berdiri dan makan malam/lunch/dinner 6.25%. Distribusi responden berdasarkan jenis konsumsi cairan

Table 2 Types and average fluids consumption among overweight and obese adolescents in SMAN 16 Makassar.

Types of drinks		Nutritional status	
		Fat (n=45)	Obesity (n=19)
Water	Consumption (mL)*	914.25	988.42
Fruit juices	Consumption (mL)*	58.3	9.45
Fruit juices/drinks (in packaging)	Consumption (mL)*	66.41	78.35
Milk	Consumption (mL)*	114.90	139.79
Bottled milk (direct drinking)	Consumption (mL)*	35.06	24.32
Regular soft drink	Consumption (mL)*	11.75	27.90
Tea/coffee without additives	Consumption (mL)*	8.52	12.63
Tea/coffee with extra material	Consumption (mL)*	44.61	51.37
In-pack tea/coffee	Consumption (mL)*	107.47	124.14
Drinks from the shop/cafe	Consumption (mL)*	18.04	42.38
Consumption total		1379.31	1498.75

Source: Primary Data 2019.

is divided into 7 categories i.e. never, 1 time per week, 2–3 times per week, 4–6 times per week, 1 time per day, 2 times a day and ≥ 3 times per day. The result of the category shows that the water is the most widely consumed drink by obese students and obesity where the students are fat nutrient status as much as 914.25 mL/day and students nutritional status of obesity 988.42 mL/day (Table 2).

The most frequently consumed fluids were water, 914.25 mL per day among overweight students and 88.42 mL per day among obese students. The least frequently consumed fluids were tea without additives, 8.52 mL per day among overweight students and 12.63 mL per day among obese students.

Discussion

The results of this research are in line with the research conducted which states that the most widely consumed type of beverage is water (57.3%).⁵ According to reveal water Have a function for life that can not be replaced by other compounds. The main use of water and vital for life is as drinking water. The human body needs water to transport food substances in the form of solutions and dissolve the different types of substances that the body needs. Water is the greatest percentage of human weigh.⁶ However, the results of the study were not in line with (Briawan, Sedayu and Ekayanti, 2011) who said that teenagers had a habit of drinking water at certain times. Most teenagers (97.6%) Drink white water at any time when feeling thirsty. As much as (57.8%) Ordinary teen drinking white water after home school. Only (15.7%) Teenagers who have a habit of drinking water after exercise. As much as (19.3%) Teenagers always drink water at all times after exercising, before leaving school, home school, before bedtime, and when waking up.⁷

The results of this study in line with (Evan, Wiyon and Candrawati, 2017) reveal adolescent eating habits influenced by knowledge and the environment. Good nutritional knowledge will affect the eating habits of children because the knowledge of nutrition has a very important role in the formation of a person's eating habits.⁸ According to Pujiati et al. (2015) reveals eating habits affects the nutritional status of one's.⁹ According to Smetanina et al. (2015) reveals

the eating habits of both parents in relation to nutritional status in adolescents.¹⁰

The results of this research are in line with the research that has been conducted (Habibaturochmah and Fitrant, 2014) which says that the level of fluid consumption in adolescents overweight and obesity average is less when compared to average fluid needs per day. Adequacy rate of water consumption proved to be associated with percent body fat with value, meaning the higher the water consumption then the lower the percent body fat.¹¹ However, the results of the study were not in line with Buanasita et al. (2015) who said that the level of fluid consumption in obese adolescents and obesity is in the category of weight deficit. In obese adolescents and obese, the need for higher liquid consumption should be 2400 mL or 2 cups more than non-obese teenagers because in teenagers who are obese the need for fluids is needed because teenagers are Obesity often secretes a lot of sweat, requiring more fluid.⁴

Conclusion

It is concluded that the most frequently consumed foods were packaged biscuits, donuts, and Panada. Moreover, the most frequently consumed fluid was water and milk. Therefore, it is suggested to socialize and promote the Guidelines on Balanced Nutrition (PUGS) and the importance of the adequacy of fluid consumption on the nutritional status to the adolescents more frequently.

Conflict of interest

The authors declare no conflict of interest.

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