

## Counseling on Balanced Nutrition to Youth at SMK Negeri 02 Dompus

Nur Husnul Khatimah<sup>1</sup>, Sutriawan<sup>2</sup>, Gufran<sup>3</sup>

<sup>1</sup> Prodi Gizi, Universitas Muhammadiyah Bima

<sup>2</sup> Prodi Ilmu Komputer, Universitas Muhammadiyah Bima

<sup>3</sup> Prodi Ilmu Hukum, Universitas Muhammadiyah Bima

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### ABSTRACT

Adolescence is an age that is vulnerable to various nutritional problems because, at the age of adolescence, the body experiences an accelerated growth and development process so it requires more energy. In addition, teenagers also like to follow changes in lifestyle and eating habits that are not necessarily healthy, giving rise to various nutritional problems in adolescents. This health education is carried out to encourage students to make positive behavior changes by balanced nutrition in their teens. ActivityCommunity service is carried out inKandai Satu Dompus Village, by conducting health counseling on balanced nutrition for adolescents at SMK Negeri 02 DOMPU. Counseling participants totaled 60 students. Counseling is carried out using the lecture method and audio-visual media to make it interesting and easier for students to understand the material and distribute posters on tips for maintaining a balanced nutritional pattern to increase students' knowledge and understanding of balanced nutrition in adolescents. Counseling received a good response and ran smoothly, the message conveyed was well received by students. This is evidenced by an increase in student's knowledge about balanced nutrition in adolescents, students understand the health problems caused by unbalanced nutrition. The hope is that the interventions that have been given can be applied by students in everyday life so that they can improve the nutritional status of adolescents.

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### Corresponding Author:

Nur Husnul Khatimah  
Universitas Muhammadiyah Bima  
Email: nurhusnul62@gmail.com

### INTRODUCTION

Adolescence is a period of rapid change in terms of physical, cognitive, and psychosocial growth. This period is a transition from childhood to adolescence which is marked by many changes, including the increase in muscle mass, body fat tissue, and hormonal changes. Susetyowati, (2017). Puberty in adolescents is marked by the appearance of secondary sex characteristics and the presence of a growth spurt (Februhartanty et al., 2019). The need for micronutrients such as vitamins and minerals is needed during adolescence because growth and development take place very quickly. In addition to various vitamins, specific minerals needed for growth and development include calcium, iron (fe), zinc (zn), and iodine (Susetyowati, 2017 & Indonesian Minister of Health, 2019).

Adolescence is an age that is vulnerable to nutritional problems. Adolescents who have a Body Mass Index (BMI) of less than 18.5 in Indonesia are 8.7% while those who are more than the normal limit are 16%.

This nutritional problem is caused by the behavior or lifestyle of adolescents that can be changed. The way to increase adolescent knowledge is by providing counseling on balanced nutrition (Adi et al. 2019).

Data from the 2010 Basic Health Research (Riskesdas) showed that the prevalence of underweight in the province of NTB was 30.5% and in the 2013 Riskesdas it decreased to 25.7%. The stunting rate (short) also decreased from 48.3% (2010) to 45.3% (2013). Meanwhile, wasting (thin) decreased from 13.9% (2007) to 11.9% (2010). Malnutrition in pregnant women is still quite high. The nutritional anemia rate for pregnant women was recorded at 77.01% (2002) and decreased to 56.5% in 2013. Meanwhile, the prevalence of KEK (Chronic Energy Deficiency) was 12.4% (2007). According to program data at the NTB Health Office (2013), most cases of maternal death (32%) are caused directly by bleeding and most cases of neonatal death (43%) are due to LBW cases. A more fundamental cause is the still high rate of early marriage. According to the 2010 Riskesdas, as many as 41.6% of women in NTB married for the first time at the age of 15-19 years.

The high problem of marriage in adolescence is inseparable from the low level of education and knowledge of adolescents which determines the ability to think critically and make wise decisions for a good future. The case of early marriage is one of the direct indicators related to this ability which in turn has an impact on death, non-optimal parenting, gender issues, poverty, and also returns to low levels of education that affect the nutritional status of children born.

Diet is an important behavior that can affect nutritional conditions because the quality and quantity of food and drink consumed will affect nutritional intake and consequently affect individual and community health. Maximum nutrition is very important for the body development, growth, and intelligence of infants & children, and all ages (Kadir, S. 2019). At present, health development for adolescents has not been optimally carried out, because in fact in many places the focus is more on nutrition development for toddlers, the elderly, and pregnant and lactating women. Seeing that there is still a lack of maximum guidance on nutritional problems in adolescents, it is necessary to carry out balanced nutrition counseling for adolescents.

## **PROBLEM**

Vocational High School (SMK) is one of the schools whose graduates are ready to work immediately. The productivity of each work depends on the availability of nutrients in the body. Consumption of food with balanced nutrition in adolescents can prevent various diseases related to nutritional problems. Currently, there are many problems with balanced nutrition experienced by adolescents. If adolescents' nutritional problems are not addressed immediately, it will impact them until they become adults. Increasing adolescent knowledge can change attitudes toward balanced nutrition (Ramadhani, K., & Khofifah, H. 2021).

KKN PKM Kelurahan Kandai Satu Dompu conducted balanced nutrition health education at SMKN 02 Dompu. From the results of the initial survey, 5 students suffered from obesity, namely students who often consumed instant food, ate late at night, and were lazy to do physical activity or were not active in activities. sports at school. Meanwhile, 7 students who suffer from malnutrition are students who are not used to having breakfast, do not like to eat vegetables, rarely consume fruit and various foods but do more physical activity. 3 students who are stunted and 44 students with normal nutritional status are students who often consume a variety of foods or balanced nutrition. Based on the results of these data, it is very necessary to carry out balanced nutrition counseling activities for adolescents to increase knowledge and it is hoped that changes in student behavior will be able to improve nutritional status in adolescents.

## **METHOD**

It is hoped that the implementation of the KKN-PPM activities carried out in the Kandai Village will have a positive impact on the community. Therefore, to achieve maximum results in the implementation of community service, there are several stages or study methods used to solve existing problems, including the following:

### **1. Preparation Stage**

The preparatory stage of this activity was making pre-planning and preparing for the presentation of material in the form of audiovisuals and posters for tips on balanced nutrition for adolescents. Places and other tools were prepared by SMKN 02 Dompu. The making of interesting audio-visual materials and posters began on August 3, 2022, until August 7, 2022. Checks were carried out to prepare good and correct balanced nutrition health counseling for adolescents.

### **2. Implementation Stage**

This activity uses an extension strategy model with an approach that emphasizes the involvement of students and teachers in all activities to promote balanced nutritional health in adolescents. Counseling was carried out at SMK Negeri 02 Dompu whose students were included in the criteria for early and mid-

adolescents, during this period they needed adequate balanced nutrition for their growth and development as well as brain growth.

### 3. Evaluation

- a. Health Improvement Structure Based on Counseling about balanced nutrition for adolescents at Dompu 02 State Vocational School students to increase youth awareness of the importance of balanced nutrition. The roles of lecturers and students are by the assigned tasks, both as persons in charge, moderators, note takers, observations, facilitators, and documentation. The use of language that is practiced is already communicative in its delivery, students can understand the material that has been delivered by lecturers and students can facilitate audiences during counseling and discussions.
- b. The process of carrying out activities from 09.00 to completion. According to the planned schedule. The purpose of this activity is to be able to understand what balanced nutrition is for adolescents, to be able to understand the principles of balanced nutrition for adolescents, to be able to understand the factors that affect adolescent nutrition, to be able to mention balanced nutrition/good food for adolescents, understand the nutritional problems they suffer teenagers, and can change their diet with balanced nutrition.

## RESULTS AND DISCUSSION

Community Service Activities are carried out at SMK Negeri 02 Dompu in the working area of the Puskesmas Dompu Kota by involving servants from the Nutrition Study Program at Muhammadiyah Bima University, the Puskesmas, namely nutrition workers as well as teachers and principals involving students at SMK Negeri 02 Dompu Counseling:

- a. Theme: Balanced Nutrition in Adolescents
- b. Method: Lecture and question and answer
- c. Media: Over Head Projector (OHP) and Poster

The activity began with the opening by the Principal of SMK Negeri 02 Dompu (Burhanuddin., S.T) then carried out counseling and distribution of posters. The counseling activity went well for  $\pm$  2 hours and was marked by the enthusiasm of the students in following the course of the counseling. Several questions were asked by students about balanced nutrition in adolescents and questions related to health. After counseling, extension workers give questions to students that can be answered properly and correctly. The Importance of Role of Posters as counseling media is very supportive in conveying health messages to students. With PowerPoint material that is displayed as attractive as possible with videos on nutritional problems in adolescents and posters that are attractive and easy to understand for teenagers, it is hoped that the messages conveyed can be accepted and applied by students.



**Figure 1. Presentation and distribution of posters**



**Figure 2. Presentation of counseling material**

## CONCLUSION

Increasing knowledge through counseling about balanced nutrition for adolescents which was carried out at SMK Negeri 02 Dompu with the target of students being able to run well and students being able to understand balanced nutrition for adolescents.

## Thank-You Note

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