



Relationship Between Knowledge Level and Adolescent Dietary Patterns To Improve Nutritional Status At Pondok Hisbah Al-Fatih Sintang Regency In 2025

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Abstract . According to the World Health Organization (WHO), good nutritional status during adolescence plays an important role in determining health and quality of life in adulthood. The prevalence of adolescents with poor nutritional status reaches 9.2%, while the prevalence of obesity in adolescents increases to 8.3%. This study aims to determine the relationship between the level of knowledge and adolescent diet patterns to improve nutritional status in Sintang Regency. Cross Sectional research design . The population is adolescents at the Al-Fatih Hisbah Boarding School, Sintang Regency, Kalimantan. Respondents numbered 39 people who were taken by Simple Random Sampling . The study was conducted in December 2024. The results of the study obtained a p value of $0.026 \leq 0.05$, meaning that there is a relationship between the level of knowledge and adolescent diet patterns at the Al-Fatih Hisbah Boarding School, Sintang Regency. Health workers are expected to increase educational activities for adolescents regarding healthy diets .

Keywords: knowledge, eating patterns, adolescents

1. BACKGROUND

Adolescents are an age group that is in a transition period from children to adults. In this phase, there are various significant changes both physically, psychologically, and socially. One important aspect that requires special attention is the nutritional status of adolescents. According to *the World Health Organization* (WHO), good nutritional status during adolescence plays an important role in determining health and quality of life in adulthood.

Nutritional problems in adolescents in Indonesia are still a serious issue. Based on data from the 2021 Riskesdas (Basic Health Research), the prevalence of adolescents with poor nutritional status reached 9.2%, while the prevalence of obesity in adolescents increased to 8.3%. Both of these conditions indicate an imbalance in the eating patterns experienced by adolescents.

The level of nutritional knowledge is one of the factors that influences adolescents' eating patterns. Low nutritional knowledge can cause adolescents to not understand the importance of consuming a balanced nutritious diet and tend to choose unhealthy foods, such as fast food and high-sugar drinks (Andriani, 2021) . This is in line with research conducted by Khasanah et al. (2020), which shows that adolescents with low levels of nutritional knowledge tend to have unhealthy eating patterns, which ultimately affects their nutritional status.

In contrast, another study by Wijayanti et al. (2022) found that increasing nutritional knowledge through education and intervention can help adolescents adopt healthier diets. For example, by providing information about the importance of consuming vegetables and fruits, adolescents become more aware of including these components in their daily diet. Therefore, this study is important to understand the extent to which the level of nutritional knowledge is related to adolescents' diets and how this can improve their nutritional status.

Dietary habit is habits that are done somebody in a way repetitive and regular related with fulfillment need eat . Every individual own need different nutrients , which are influenced by the type of gender and group age (Shofi , 2021). For to achieve ideal nutritional status , a person need understand type good and healthy food , not only those that give a feeling of fullness . Teenager with poor nutritional status or excessive own risk more tall caught disease compared to with teenager with normal nutritional status (Maslakhah and Prameswari , 2022). Poor nutritional status can influence system immunity body , so that body become weak and lacking effective in oppose microorganisms reason disease . Margiyanti (2021) found existence connection significant between pattern Eat with nutritional status in adolescents daughter .

In this context, the study entitled "The Relationship between Level of Knowledge and Adolescent Dietary Patterns to Improve Nutritional Status in Sintang Regency" aims to identify the relationship between the level of nutritional knowledge and adolescent dietary patterns, as well as provide recommendations for more effective nutritional education programs.

2. THEORETICAL STUDY

Knowledge is defined as the result of the human sensing process of certain objects through the five senses, which is then processed into information. According to Bloom (1956), knowledge is one aspect in the cognitive domain that influences a person's behavior, including in terms of eating patterns. Knowledge about good nutrition is the basis for someone to make decisions regarding healthy food choices.

According to Green and Kreuter (1991), behavior health influenced by three factor main : factor predisposition (knowledge , attitude , beliefs), factors supporter (accessibility services), and factors booster (support from environment). In the context of study this , knowledge nutrition teenager including in factor predisposition that can influence pattern Eat they .

According to the Indonesian Ministry of Health (2021), the implementation of balanced nutrition involves choosing a variety of foods, physical activity, maintaining cleanliness, and monitoring ideal body weight. Adolescents who understand this theory tend to have a diet that supports good nutritional status.

Bandura (1986) stated that human behavior, including eating patterns, is influenced by the interaction between the person (knowledge and attitude), the environment, and the behavior itself. In the context of adolescents, environmental factors such as family and peers also influence their eating patterns.

3. RESEARCH METHODS

Quantitative research method using *Cross Sectional approach*. The population used in this study were adolescents at Pondok Hisbah Al-Fatih Sintang Regency, West Kalimantan totaling 52 respondents. The number of samples was 39 respondents. The sampling technique used *Simple Random Sampling*. This research was conducted in December 2024. The instrument in this study was a questionnaire which was then analyzed using *Chi-Square*.

4. RESULTS AND DISCUSSION

Table 1. Distribution of Respondents' Knowledge and Eating Patterns Based on Research Variables

Variables	Frequency	Percentage (%)
1. Knowledge		
- Good	22	56.4%
- Enough	17	43.6%
Amount	39	100%
2. Dietary habit		
- Good	22	56.4%
- Not enough	17	43.6%
Amount	39	100%

Based on table 1, the distribution value of the respondent variable with a good category of knowledge level is 22 people (56.4%) and a sufficient category is 17 people (43.6%). The eating patterns of adolescents with a good category are 22 people (56.4%), while the less category is 17 people (43.6%).

Table 2. Results of Chi Square Test of the Relationship between Adolescent Knowledge and Eating Patterns

Knowledge	Dietary habit		Total	P value	OR
	Good	Not enough			

	n	%	n	%	N	%		
Good	9	41%	13	76.5%	22	56.4%	0.026	4,694
Enough	13	59%	4	23.5%	17	43.6%		
Amount	22	100%	17	100%	39	100%		

The results of statistical tests using the *chi-square test* obtained a $p\text{-value} = 0.026$ ($p < 0.05$) so that it can be concluded that H_0 is rejected and H_a is accepted. This means that there is a significant relationship between adolescent knowledge and eating patterns to improve nutritional status.

Based on results study with the chi-square test, it was obtained p-value is 0.026 ($p < 0.05$). This is show that H_0 is rejected and H_a is accepted , so that can concluded that there is significant relationship between level knowledge teenager with pattern Eat they For improve nutritional status .

This result consistent with research conducted by Khasanah et al. (2020), which found that knowledge nutrition own connection significant with pattern eating in adolescents . Good knowledge allow teenager make choice more food healthy , like reduce consumption food high in sugar and fat and increase intake vegetables and fruits . On the other hand , knowledge is low tend lead to habits eat something that is not healthy , like consume food fast serving in a way excessive .

Study Wijayanti et al. (2022) also supports findings this , with state that education good nutrition can increase pattern Eat healthy in adolescents . Behavioral theory health by Green and Kreuter (1991) strengthens results this , where knowledge considered as factor predisposition plays a role important in to form behavior health , including pattern Eat.

In addition , the theory Bandura's (1986) socio-cognitive theory shows that factor environment , such as the role of parents and friends peers , participate influence pattern Eat teenager . Teenagers get it support from environment For apply pattern Eat Healthy tend have better nutritional status Good.

Research result This confirm importance purposeful intervention increase knowledge nutrition teenagers , good through formal education and campaign health . With understand connection This , it is hoped, will be educational programs nutrition can designed in a way more effective For push change behavior eat more healthy in adolescents .

5. CONCLUSION AND SUGGESTIONS

This study shows that most adolescent girls have good knowledge about diet. Researchers recommend educating adolescent girls about diet to improve nutritional status.

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