



The Relationship of Balanced Nutrition Literature and Nutrition Consumption Behavior of Students of Muhammadiyah University, East Kalimantan

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Abstract :

Nutrition literacy is the ability of everyone to have knowledge and skills in understanding nutritional information and as a tool for changing behavior. The purpose of this study was to determine the effect of the application of nutritional literacy on the healthy behavior of students at the Muhammadiyah University of East Kalimantan. This study uses a questionnaire as the material of the research, distributed via a google form to 481 respondents. It was concluded that students gained insight and understanding about balanced nutrition and physical exercise due to this learning activity. All are aware of adopting a balanced lifestyle and physical exercise for adolescents to affect health positively.

Keywords - *Student Nutrition, Nutrition Literacy, Student Consumption Behavior.*

I. INTRODUCTION

Everyone wants to be in good physical health. A healthy diet and balanced nutrition are necessary for a healthy body [1]. Balanced nutrition is when the daily diet consists of nutrients in the right type and amount for the body's needs while still paying attention to the principle of diversity or food variety [2]. In Indonesia, knowledge, and habits of consuming balanced nutritious food based on four pillars, namely food diversity, clean living behavior, and maintaining average body weight, are still low [3]. According to the 2013 Basic Health Research (Rikesdas) statistics, the prevalence of underweight adults is 8.7%, overweight adults are 13.5%, and obese adults are 15.4%.

Meanwhile, the proportion of children under five with low nutritional status and malnutrition was 19.6% in 2017 and 17.7% in 2018 [4]. Knowing nutrition is very important in influencing one's eating habits because it affects one's choice of the type and amount of food consumed [5]. The level of knowledge is one aspect that affects a person's nutritional condition. A person with a high level of nutritional knowledge will influence behavior and attitudes toward food choices that meet a healthy adequacy rate. A lack of understanding about food with good nutrition will cause humans to consume the wrong food with low nutrition, causing human nutritional status to become poor and lacking.

Balanced nutrition education is a follow-up to solving these problems as a forum to educate students about maintaining a healthy lifestyle. In addition, the program aims to broaden students' awareness of diet and physical activity to improve their health and learning productivity in the long term.

II. MATERIALS AND METHODS

This research was conducted on September 26, 2022, where this research was conducted during the "Better Life With Balanced Nutrition" webinar held by the Kedaireka Team, Muhammadiyah University of East Kalimantan, with Zoom meeting media from 08.00 to 16.00 WIB. Google form link sharing is distributed at the end of this activity. This is to determine the level of understanding of the webinar participants and the response to all webinar material to the public that has been delivered.

III. RESULT AND DISCUSSION

The implementation of service activities took place on September 26, 2022, and was held with a media zoom meeting with 481 participants. This activity was filled with speakers from Prof. Dr. Ir. Evy Damayanthi, M.S. Overall, the program we carried out was relatively smooth, and there were few obstacles. Based on the questionnaire given by the committee to students, it was found that 94% of students knew about the importance of nutritional knowledge in daily life. During the activity process, all students were enthusiastic about asking questions and discussing this activity.

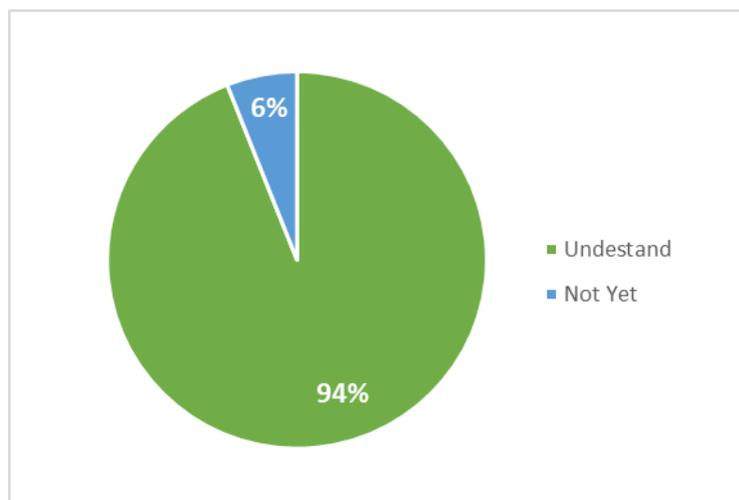


Figure 1. Basic Knowledge of Nutrition

Then on the results of the following questionnaire to measure whether students can apply the nutritional knowledge, a follow-up questionnaire is carried out to explore students' daily consumption habits. From the questionnaire results, 79% of students live a balanced nutritional lifestyle, while the remaining 21% have not implemented it perfectly in carrying out a balanced nutritional lifestyle. From the overall results, more than 50% of students are said to be able to live a balanced nutritional lifestyle.

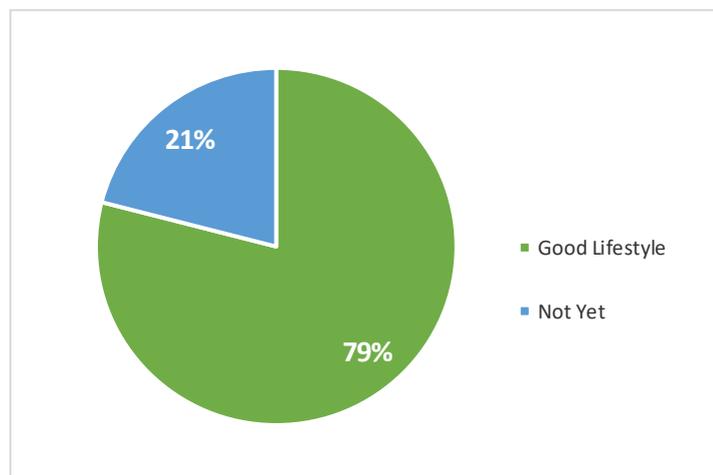


Figure 2. Knowledge of Requirements for Use of Preservatives

Supporting documentation of PKM activities that have been carried out is shown in the following pictures.

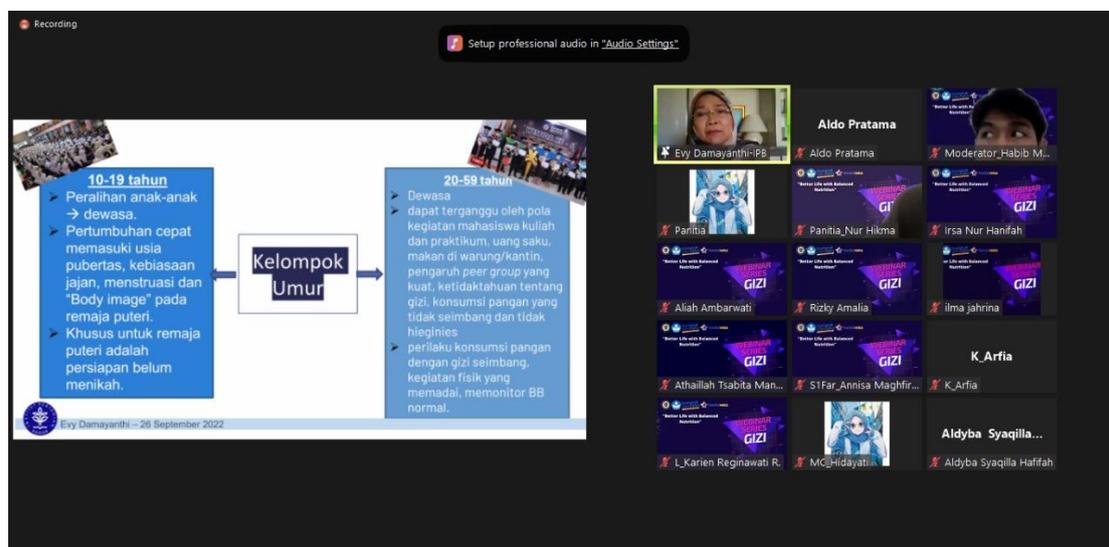


Figure 3. Presentation from the Speaker on Nutrition

IV. CONCLUSION

Students gain insight and understanding about balanced nutrition and physical exercise as a result of this learning activity. All are aware that adopting a balanced lifestyle and physical exercise for adolescents positively affects health.

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