

# Analysis of Knowledge, Allowance, and Eating Habits among Adolescent Girls at SMK PGRI 1 Mejobo Kudus

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**Abstract.** Adolescence is a crucial period for physical and cognitive development, during which eating habits significantly impact long-term health. According to data from the SSGI in the Ministry of Coordinating Human Development and Culture in 2022, 16% of adolescents in Indonesia aged 13-15 years are obese. Data from Riskesdas in 2018 shows that 32% of people aged 15-24 years in Indonesia suffer from anemia. Adolescent girls generally have unhealthy eating habits, including skipping breakfast, not drinking enough water, unhealthy dieting, eating low-nutrient foods, and consuming fast food. This research a cross-sectional design with a sample of adolescent girls from SMK PGRI 1 Mejobo Kudus. Data were collected through validated and reliable questionnaires. Data analysis was conducted using univariate. The results of the study indicate that the adolescent girls at SMK PGRI 1 Mejobo Kudus have good knowledge (98.1%), have allowance of less than Rp 20,000 (60.0%), and have good eating habits (98.1%). Adolescent girls at SMK PGRI 1 Mejobo Kudus are able to maintain their eating habits to ensure adequate nutrient intake.

**Key words:** Eating Habits, Knowledge, Allowance

## INTRODUCTION

According to the World Health Organization (WHO), adolescents are individuals, both female and male, who are in the age range between childhood and adulthood. The age range for adolescents is 10 to 19 years old. Adolescence is a transitional period that is highly susceptible to external cultural influences because they are searching for their identity. During this phase, physical growth occurs along with mental-cognitive and psychological development, as well as the development of reproductive functions that regulate sexuality. These influences affect not only physical appearance but also eating habits. The eating patterns of adolescents will determine the amount of nutrients they need (Elfira *et al.*, 2021).

Therefore, adolescence is the right time to build and instill healthy eating habits. If a person's eating habits are unhealthy during adolescence, it will impact their future health. Thus, fostering healthy eating habits in adolescents is very important. This is an effort to prevent the emergence of health problems in adulthood and old age (Nurjanah, 2017).

Adolescents in Indonesia are vulnerable to diseases such as anemia, obesity, and Chronic Energy Deficiency (KEK), especially among adolescent girls. According to data from SSGI in the Ministry of Coordinating Human Development and Culture in 2022, 16% of adolescents aged 13-15 years in Indonesia are obese. Obesity is one of the nutritional problems that the government is concerned about. The causes of obesity include an unbalanced diet such as a lack of protein, excessive consumption of sweet foods, instant foods, and fast foods.

Data from Riskesdas in 2018 shows that 32% of people aged 15-24 years in Indonesia suffer from anemia. Anemia has both short and long-term impacts. The short-term impacts of anemia include decreased immune function and reduced oxygen supply to muscle and brain cells, affecting concentration. The long-term impact of anemia in fertile women can persist into pregnancy, threatening the safety of both mother and baby, potentially leading to growth and developmental issues in the baby such as stunting and neurocognitive disorders.

Adolescent girls generally have unhealthy eating habits. These include skipping breakfast, reluctance to drink water, unhealthy dieting by neglecting protein, carbohydrates, vitamins, and minerals, snacking on low-nutrient foods, and consuming fast food. As a result, adolescents fail to meet the diversity of nutrients needed by the body (Rahayu *et al.*, 2019).

Knowledge is a basic indicator in doing something, thus becoming a foundation in life.

Adolescents' knowledge about balanced nutrition is one of the important factors in food consumption. Having good knowledge about balanced nutrition will determine a person's attitude towards food consumption (Pratiwi & Nailuvar, 2023).

Parental support for children's snack consumption can be in the form of allowance, advice, packed meals, or breakfast. Children are given allowance for buy snacks at school. The amount of allowance is related to the frequency of snacking. The more allowance given, the more frequently children spend it on snacks (Susanto, 2018).

The amount of allowance influences adolescents to buy food and drinks, as well as parental support in advising children to consume balanced nutritious food. According to research conducted by Pratiwi and Nailuvar (2023), Chi-square test results show that there is a relationship between knowledge and allowance on adolescents' eating patterns. Parents' involvement in adolescents' habits of consuming fast food can negatively impact their future health.

Adolescent girls must have healthy eating habits. This includes the types of food sources, healthy food composition, and regular meal schedules. Generally, meal schedules can be arranged three times a day: breakfast, lunch, and dinner. The types of healthy food sources include carbohydrates, proteins, fats, fibers, vitamins, sugars, and salts. To fulfill the complete nutritional needs of adolescent girls, they can consume food with a balanced and healthy composition (Saragih *et al.*, 2022).

A preliminary study conducted by researchers on January, 2024, using a questionnaire via Google Forms at SMK PGRI 1 Mejobo Kudus, found that 26 out of 34 adolescent girls frequently consume junk food and sweet or packaged drinks within a week. On the day the preliminary study was conducted, out of 34 adolescent girls, 24 had breakfast, and 11 brought packed meals from home. Eight adolescent girls rarely consume vegetables in a week, and 14 adolescent girls rarely consume fruits in a week. Based on this background, researchers are interested in conducting a study on "Analysis of Knowledge, Allowance, and Eating Patterns of Adolescent Girls at SMK PGRI 1 Mejobo Kudus." The aim of this study is to understand the knowledge, allowance, and eating patterns of adolescent girls at SMK PGRI 1 Mejobo Kudus.

## METHODS

The research method used in this study is descriptive with a cross-sectional approach. This research was conducted at SMK PGRI 1 Mejobo Kudus with a sample of 105 adolescent girl respondents from grades X and XI. The study was conducted in March 2024. The sampling technique used was simple random sampling. All samples meet the inclusion criteria. Data collection was carried out using a questionnaire that was distributed directly. The questionnaire had been tested for validity and reliability at SMK Negeri 1 Kudus with 30 adolescent girl respondents from grade X. The data was analyzed using univariate analysis.

## RESULTS AND DISCUSSION

This study was conducted at SMK PGRI 1 Mejobo Kudus, located on Jl. Jendral Sudirman in Golantepus Village, Mejobo District, Kudus Regency. The school is situated near the Pantura highway Pati-Kudus, which connects the provinces of Central Java and East Java. The characteristics of the respondents based on age are presented in the table below.

**Table 1.** Characteristics of Respondents Based on Age

Characteristics	Frequency	Percentage
<b>Age</b>		
15 years	66	62,9%
16 years	34	32,4%
17 years	5	4,8%
<b>Total</b>	<b>105</b>	<b>100%</b>

Source: The primary data, 2024

Based on the age distribution table above, the respondents can be divided into three groups: 15 years, 16 years, and 17 years old. As shown in the table, the majority of respondents were in the age group 15-year, with 66 adolescent girls (62.9%). Respondents in the age group 16-year total 34 adolescent girls (32.4%), and respondents in the 17-year age group total 5 adolescent girls (4.8%).

At this adolescent age, adolescent girls needs more nutrition and have a healthy diet or eating habits. This is because adolescent girls menstrual periods and increased energy needs for adult development.

The results of the univariate analysis on the variables of knowledge, allowance, and eating patterns give an initial overview of the data description of this study.

**Table 2.** The frequency distribution of knowledge

Knowledge	Frequency	Percentage
Excellent	103	98,1%
Bad	2	1,9%
<b>Total</b>	<b>105</b>	<b>100%</b>

Source: The primary data, 2024

Based on the frequency distribution table of respondents above, shows that respondents with good knowledge are 103 adolescent girls (98.1%), and those with bad knowledge are 2 adolescent girls (1.9%). Thus, the majority of adolescent girls at SMK PGRI 1 Mejobo Kudus have good knowledge about eating habits. Based on the results of the questionnaires filled out by the respondents, it shows that those in the good category correctly answered questions regarding the nutritional content of food. This is because knowledge about food content has been received from an early age.

Knowledge is an essential aspect of human behavior. It can influence how a person thinks, acts, and behaves. Eating behavior is an action taken by individuals in managing and consuming food to meet the body's nutritional needs. According to Notoatmodjo (2012), a healthy and balanced diet is crucial for adolescents. An unhealthy diet in adolescents can interfere with cognitive development, bodily functions, and long-term health. Therefore, knowledge about nutrition and good eating habits needs to be instilled more intensively in adolescents so they develop healthy eating behaviors and can avoid health problems such as obesity, diabetes, or other disorders.

The results of this study align with research conducted by Sri Mulyati in 2018, titled "Pengetahuan dan Sikap tentang Makanan serta Pola Makan pada Siswa Kelas XI SMK N 4 Yogyakarta" which showed that students with good knowledge amounted to 19 respondents (37.26%), those with adequate knowledge were 30 respondents (58.82%), and those with bad knowledge were 2 respondents (3.92%). Another study conducted by Endah Budi Permana Putri and Arum Setyowati, titled "Pengetahuan Gizi dan Sikap Remaja dengan Pola Konsumsi Makanan Cepat Saji Selama Masa *Study From Home* (SFH)" howed that the level of knowledge in the good category was 24 respondents (38.7%), in the adequate category was 30 respondents (48.4%), and in the bad category was 8 respondents (12.9%).

**Table 3.** The frequency distribution of allowance

Allowance	Frequency	Percentage
High	42	40%
Low	63	60%
<b>Total</b>	<b>105</b>	<b>100%</b>

Source: The primary data, 2024

Based on the frequency distribution table of respondents above, it shows that the majority of respondents fall into the low allowance category, which is less than Rp 20,000, with 63 adolescent girls (60%). Meanwhile, respondents with high allowance, which is higher than or equal to Rp 20,000, total 42 adolescent girls (40%). Parents give allowance to their children to accommodate their needs both inside and outside school. The amount of allowance given to children varies.

Research conducted by Syahla Alvira Rahma dan Noerfitri, titled "Hubungan antara Pengetahuan Gizi dan Uang Saku dengan Sikap dalam Memilih Makanan oleh Siswa SMA Islam PB Soedirman Selama Masa Pandemi Covid-19" in 2022 showed that 79 respondents entered the low allowance category (71%), while 31 respondents (28.2%) were in the high allowance category. Another study by Yomanda *et al.* titled "Hubungan Frekuensi Makan, Tingkat Pendidikan dan Besar Uang Saku dengan Keragaman Konsumsi Pangan pada Remaja Suku Tengger," showed that 72 respondents (72.7%) received allowance less than Rp 20,000 in daily, while 27 respondents (27.3%) received more than Rp

20,000 in daily.

**Table 4.** The frequency distribution of eating habits

Eating Habits	Frequency	Percentage
Excellent	103	98,1%
Bad	2	1,9%
<b>Total</b>	<b>105</b>	<b>100%</b>

Source: The primary data, 2024

Based on the frequency distribution table of respondents above, it shows that the majority of adolescent girls at SMK PGRI 1 Mejobo Kudus have a good eating habits, with 103 respondents (98.1%). Meanwhile, only 2 respondents (1.9%) have a bad eating habits.

Eating habits has become an important part of human life, especially for adolescent girls. If an adolescent girl has a good eating habits, it can help keep her healthy and help her body get the nutrients it needs to function optimally. Conversely, having a bad eating habits can lead to various health problems, such as anemia, obesity, diabetes, and others.

Another study by Elfira, *et al.* entitled “Hubungan Pengetahuan Gizi Seimbang dengan Pola Makan Siswa kelas X SMK Swasta Imelda Medan” showed that students with good eating habits included either 17 respondents or 56.7% and 13 respondents or 43.3% with bad eating habits category out of the total respondents is 30 students. The study conducted by Erma Triyusanti with the title “Hubungan Pola Makan Seimbang dengan Status Gizi Remaja Putri di Sekolah Menengah Atas Negeri 2 Ponorogo” showed that 27 respondents (58.58%) had balanced eating habits, while 19 respondents (41.42%) had unbalanced eating habits.

## CONCLUSION

Adolescent girls at SMK PGRI 1 Mejobo Kudus aged 15 to 17 years, have good knowledge (98.1%), have allowance of less than Rp 20,000 (60.0%), and have good eating habits (98.1%). Adolescent girls at SMK PGRI 1 Mejobo Kudus are able to maintain their eating habits to ensure adequate nutrient intake.

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