Health Education about Students’ Nutrition Knowledge in Vocational School

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Abstract

Several problems that teenagers have health and nutrition. It is because teenagers are a group that is vulnerable to nutritional problems, teenagers are said to be vulnerable because they need energy and nutrition during their growth, development, and lifestyle changes. The purpose of this study was to describe the level of knowledge about balanced nutrition and the status of young women. This research is a descriptive study using a cross-sectional approach. The research was conducted at Vocational School (SMKN) 01 Jakarta, from October to November 2022. The sample in this study was 51 students in classes XI and XII at SMKN 01 Jakarta. The results found that 62.7% (32) students had high nutritional knowledge and 37.3% (19) students had low nutritional knowledge. Learning media prefer use to improve student’s knowledge about nutrition. Health education have an important function in nutrition education for vocational students. The recommendation of this research is that teenagers can increase their knowledge by learning media.

Keywords: Adolescent, health education, nutritional knowledge

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INTRODUCTION

Adolescence is a period of transition from childhood to adulthood. Adolescents will go through a period of development to reach maturity so that further developments can be determined (Collado et al., 2019; Davignon et al., 2022; Grønhøj & Thøgersen, 2017). The age limit for adolescents according to World Health Organization (WHO) is in the age range of 10-19 years, but recent research shows that the limit for adolescents can increase to 24 years. The period of puberty between boys and girls in their teens occurs at different times, namely boys at the age of 9-14 years and girls at the ages of 8-13 years. Adolescents face several problems including health and nutrition problems, this is because adolescents are a group that is vulnerable to nutritional problems. Adolescents are said to be vulnerable because adolescents need energy and nutrition during their growth, development, and lifestyle changes.

A person's nutritional needs are closely related to the growth period, if a person's nutritional intake is met properly then his growth will be optimal. Young women need to maintain good nutritional intake by consuming a balanced diet because if the nutritional intake is less or more, it will cause disturbances during the menstrual cycle. Excess nutrition will cause obesity where obesity is an abnormal collection of body fat compared to normal body size. The prevalence of obesity is increasing rapidly in a number of industrialized countries around the world and is becoming a pandemic that requires special attention.

One of the causes of adolescent nutrition problems is the low knowledge of adolescents about nutrition. Science is a conscious effort to investigate, discover and improve the ability to understand various aspects of natural reality. Science provides certainty by limiting the scope of view of the knowledge obtained through its limitations (Andrews et al., 2021; Han et al., 2020; Jezewska-Zychowicz & Plichta, 2022). Knowledge is information or information that is known or realized by someone. In another sense, knowledge is a variety of symptoms that are encountered and obtained by someone through intellectual observation. Nutrition knowledge important for a vocational school to improve students' awareness about nutrition (Gillardini et al., 2020; Jenner et al., 2020).

Education is an important aspect in providing knowledge to adolescents regarding the importance of a balanced diet. Education given to students can be done in various ways, one of which is by conducting teaching based on learning media. Teenagers are given media-based learning that contains information related to a balanced nutritional composition that must be consumed by students every day. Information on balanced nutrition needs to be conveyed using interesting learning media such as learning videos/learning applications. Based on this description, the purpose of this research is to describe the nutritional knowledge of vocational students in Jakarta.

METHOD

This research is a descriptive study using a cross-sectional approach. The research was conducted at SMKN 01 Jakarta, from October to November 2022. The sample in this study was 51 students in class XI and XII at Vocational school (SMKN) 1 Jakarta. The questionnaire used in this study is related to the knowledge of vocational students' nutritional knowledge. The nutritional knowledge measured in this study consists of several aspects which include
several issues related to balanced nutritional composition and the availability of nutritious food in everyday life. The stages of this research can be described with a flowchart as follows:

RESULT AND DISCUSSION

Data collection in this study was conducted in classes XI and XII with a percentage of 90.2% (46) students were in class XI and 9.8% (5) being in class XII, this was done because the number of young girls was limited at SMK 01 Jakarta.

![Knowledge Level of Young Women About Balanced Nutrition at SMK 01 Jakarta](image.png)

**Figure 1. Knowledge Level of Young Women About Balanced Nutrition at SMK 01 Jakarta**

Based on the picture above, it is known that as many as 62.7% (32) of students have high knowledge of nutrition and as much as 37.3% (19) of students have low knowledge of
nutrition. This is in line with Jayanti & Novananda (2017) at SMK PGRI 2 Kediri showing that out of 50 samples, 30.0% (15 adolescents) had good nutrition knowledge, 54.0% (27 adolescents) sufficient nutritional knowledge, and 16.0% (8 teenagers) had less knowledge of nutrition. This means that the majority of adolescents have sufficient nutritional knowledge. However, this is not in line with the research. Based on Meti’s research (2016) in Cikatomas, Tasik Malaya, it shows that out of 41 samples, 9.8% (4 adolescents) had good nutritional knowledge, 19.5% (8 adolescents) adequate nutritional knowledge, and 70.7% (29 teenagers) have less knowledge. This means that most of the nutritional knowledge of adolescents is still lacking.

Lack of nutritional knowledge in adolescents is due to not understanding the benefits of nutrients from the food/beverages they consume. A person's lack of understanding of something can also be caused by low education, someone will find it difficult to grasp the messages and information conveyed. Factors that can affect the level of nutritional knowledge of adolescents are habits, purchasing power, and lack of information about nutrition both online and offline in the neighborhood and school. Knowledge of balanced nutrition is knowledge about food, nutrients, and sources of nutrients in food, good food is consumed so it does not cause disease, besides that good food processing is also very important, this is necessary so that nutrients in food are not lost and how to live healthy (Deguchi et al., 2021; Han et al., 2020).

In the nutritional knowledge questionnaire in adolescents, it was found that as many as 11.8% (6) of female students answered that nutritional problems in adolescents consisted of anemia, obesity and chronic energy deficiency. As many as 37.2% (19) female students answered that nutritional problems in adolescents consisted of anemia and obesity/anemia and chronic energy deficiency/obesity and chronic energy deficiency, as many as 45.1% (23) of students who answered that nutritional problems in adolescents were only anemia/obesity/chronic energy deficiency and there were 5.9% (3) who do not know about nutritional problems in adolescents. In the question regarding knowledge of meat food, it was found that as many as 37.2% (19) of students answered all correctly that meat food consisted of beef, eel and chicken satay, there were 33.3% (17) of respondents who answered correctly 2 that meat food consisted of beef and eel/beef and chicken/eel satay and chicken satay, there were 29.5% (15) of students who answered correctly 1 that the meat food were beef/eel/chicken satay.

Questions about knowledge about vegetables showed that as many as 51% (26) of students answered that vegetables consisted of mustard greens, cabbage and spinach, as many as 19.5% (10) of students who answered that vegetables consisted of mustard greens and cabbage/mustard greens and spinach/cabbage and spinach, as well as 29.5% (15) of students who answered that vegetables consisted of mustard greens/cabbage/spinach. Questions about knowledge of junk food found that there were 66.7% (34) of students knew that junk food consisted of Pizza, burger and Fried chicken, there were 23.5% (12) of students knowing 2 junk food foods namely Pizza, and burger/Pizza and Fried chicken/ Humberger and Fried chicken and there were 9.8% (5) of students knowing that there was only 1 type of junk food, namely Pizza/burger/fried chicken.

Questions about food ingredients that contain high iron, there were 33.3% (5) of students who answered, namely Liver, Fish and Chicken, there were 21.5% (11) of students
who answered, namely Liver and Fish/fish and Chicken/Chicken and liver, there were 74.5% (38) who answered were Hearts/Fish/Chicken and there were still 13.7% (7) of students who did not answer correctly. It can be shown that the knowledge of adolescents is good enough. Adolescents will have good knowledge because these adolescents have used their five senses well and the thing that can lead to low knowledge is an inaccurate understanding of adolescents about balanced nutrition. The mindset of adolescents is immature so that the behavior of adolescents can be different from the knowledge they have. The level of knowledge of adolescents is different, some teenagers understand how to maintain a healthy body by consuming lots of nutritious and balanced food, but some do not know about nutrition because everyone has different memory and understanding, ability to analyze and think. is one of the causes of differences in mindset. Many teenagers now don't understand nutrition, and many don't even think about nutrition in their bodies, even though nutrition has an important role in the body.

Knowledge of nutrition is the most important factor in the nutritional status of adolescents. The level of one's nutritional knowledge can influence attitudes and behavior in choosing and consuming food so it ultimately affects one's nutritional state. The higher the level of one's knowledge, it is hoped that the nutritional condition will also increase using the educational approach in school (Shimoda et al., 2020). The use of learning media for socialization related to Health Education, especially related to nutrition, needs to be developed. Interesting and innovative learning media in accordance with the times in educational technology trends. The use of learning media is expected to increase students' knowledge in understanding the problem (Afikah et al., 2022; Ivanović, 2014; Nugraini et al., 2013; Yusop & Sumari, 2013).

CONCLUSION

Based on the results of research at SMK 01 Jakarta, it was found that 62.7% (32) students had high nutritional knowledge and 37.3% (19) students had low nutritional knowledge. The use of learning media in Health Education related to nutrition needs to be developed for vocational students. This is because students need quite a lot of references to understand various problems related to nutritional knowledge. The limitation of this study is that the sample used is only limited to students of SMK 1 Jakarta, so it will be difficult to generalize the results of this study on a wider scale.

REFERENCES


