Making Obesity Infographics Application with Junk Food Consumption and Physical Activity as Education for Obese Teenager

Tryanti Wulandari
Clinical Nutrition Study Program
Majoring In Health

ABSTRACT

Obesity is still a concern of Indonesian society with the results of RISKESDAS which show an increase in adolescence in 2013 by 14.8% to 21-8% in 2018. Obesity is in the top 10 ranking of non-communicable diseases in Jember year 2018. Obesity can be caused by the consumption of calories that enter through food more than the calories burned, and cause degenerative diseases. Supported by the results of a preliminary study conducted at SMAN 2 Jember by measuring body weight, height and weight calculations for grade 10 and 11 students, obtained the number of obese students as much as 44 out of 712 students. The purpose of this study is to make an application of obesity infographics as a platform of education for obese adolescents at SMAN 2 Jember. This type of research is descriptive using the Research and Development (R&D) method, with the ADDIE (Analysis Design Development Implementation Evaluation) research model. While the results of the validation assessment get a value of 83% material expert validator and 81.8% media expert validator which can be categorized as feasible.

Key words: Obesity, Obesity Infographics Application, and Obesity Teenager.