

THE RELATIONSHIP BETWEEN PARENTS' SOCIO-ECONOMIC STATUS AND DIETARY PATTERNS WITH NUTRITIONAL STATUS AMONG STUDENTS AT SMPN 2 SUMBERBARU

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ABSTRACT

Adolescence is a transitional period from childhood to adulthood characterized by rapid growth and development. During this stage, nutritional needs increase, and imbalanced nutrient intake can affect adolescents' nutritional status. A preliminary study at SMPN 2 Sumberbaru showed that among 111 students, 50 (45%) had normal nutritional status, 41 (37%) were undernourished, and 20 (18%) were overnourished. This study aims to identify and analyze the relationship between parental socioeconomic status and dietary patterns with the nutritional status of students at SMPN 2 Sumberbaru. This research is a quantitative analytic study using a cross-sectional approach. The total number of subjects was 96, selected using simple random sampling. The research instruments included a questionnaire to assess parental socioeconomic status and a Food Frequency Questionnaire (FFQ) to assess students' dietary patterns. Data were analyzed using the chi-square test with a significance level of 5%. The results showed a significant relationship between parental socioeconomic status and dietary patterns with nutritional status ($p\text{-value} = 0.000$). The conclusion of this study is that there is a relationship between parental socioeconomic status and dietary patterns with the nutritional status of students at SMPN 2 Sumberbaru.

Keywords: Adolescents, Parents' Socio-Economic Status, Dietary Patterns, Nutritional Status