

The Effect of Nutrition Counseling on Energy Consumption Level and Weight Loss in Obesity Adolescents in Junior High School 4 of Jember City

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ABSTRACT

Adolescence is a period of transition from childhood to adulthood. In adolescence occurs concern for weight and body shape. This encourages teenagers to diet. Obesity is overweight as excessive fat accumulation. Factors causing obesity are, the level of energy consumption, genetic, physical activity, environmental factors and emotional influences. The purpose of this research is to determine the effect of nutritional counseling on energy consumption level and weight changes in adolescent obesity in Junior High School 4 of Jember City. This research was conducted on May 2016 until August 2017. This research method is quasi experiment design with 137 people of the population. 26 respondents were being the sample of this research used purposive sampling technique. Statistical analysis of this research used SPSS 20.0 for Windows with Wilcoxon and Mann-Whitney tests. The results showed that there were no differences of energy consumption level before nutrition counseling in both research groups, with $p = 0,665$ ($p > 0,05$). There were no differences of weight of respondent after nutrition counseling in both research groups, with p value = 0,269 ($p > 0,05$). There were no differences in energy consumption level before and after nutritional counseling in the control group, with $p = 0,100$ ($p > 0,05$). There were differences to energy consumption level before and after nutritional counseling in intervention group, with $p = 0,004$ ($p < 0,05$). There were no differences in body weight before and after nutritional counseling in the control group, with $p = 0,109$ ($p > 0,05$). There were differences in weight of respondents before and after nutritional counseling in the intervention group, with $p = 0,001$ ($p < 0,05$). There were differences in energy consumption level after nutritional counseling in the two research groups, with $p = 0,000$ ($p < 0,05$). There were differences of weight respondent after nutritional counseling in both research groups, with $p = 0,048$ ($p < 0,05$).

Keyword: *Energy consumption level, Nutritional counseling , Obesity, Weight*