

Difference Between Eating Habits, Incidence of Eating Disorders (Eating Disorders) and Nutritional Status of Adolescent (A Case Study in SMP Favorites Non Favorites Jombang)

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ABSTRACT

Nutritional problems in adolescents arise because the imbalance between nutritional intake with the recommended dietary allowance. Malnutrition occurs because the amount of consumption of energy and other nutrients are not adequate. Young women generally suffer malnutrition because diet restriction. Overweight in adolescents due to bad eating habits so that the amount of energy input (energy intake) excess, whereas the incidence of anemia in adolescents because of low iron intake. Young women are more at risk of anemia in addition to the limitations of animal food intake as well as menstruation and increased iron requirements during the growth spurt (Moehji, 2009). This study aims to determine the difference eating habits, eating disorders and the nutritional status between adolescents in junior high schools and non favorite in Jombang. This study uses a quantitative analytical approach with cross sectional study design. This research was carried out on 1 to 10 September 2016 SMP Negeri 1 Sumobito and SMP Al Hikmah Balongrejo. Retrieving data using questionnaires given by researchers to the respondent. The study involved 264 respondents.

Based on bivariate analysis were tested statistically *Mann Whitney test*, the test of eating habits difference between SMP and SMP Negeri 1 Sumobito Al Hikmah obtained by value $p = 0,001$ which showed no difference in eating habits between the two schools. On the test of difference in incidence of eating disorders among SMP Negeri 1 Sumobito and SMP Al Hikmah obtained value $p = 0,004$ which showed no difference in incidence of eating disorders between the two schools. In the test the difference between the nutritional status of SMP Negeri 1 Sumobito and SMP Al Hikmah obtained $p = 0,238$ showed no differences in eating habits between the two schools.

Keywords: Nutritional Status, Eating Habits, Genesis Eating Disorders