

ANALISIS ASUHAN KEPERAWATAN KELUARGA DENGAN INTERVENSI *FOOD DIARY* DAN YIN YOGA DALAM MENCEGAH MASALAH DEFISIT NUTRISI PADA REMAJA PUTRI DI RW 10 GROGOL, DEPOK

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Abstrak

Data Survei Kesehatan Indonesia (2023) menunjukkan 7,6% remaja usia 13-15 tahun mengalami masalah gizi kurang. Di Kota Depok, prevalensi mencapai 9,61% yang berdampak pada kesehatan fisik, mental, dan sosial remaja. Penelitian ini bertujuan untuk menganalisis efektivitas kombinasi intervensi *Food Diary* dan Yin Yoga terhadap peningkatan pengetahuan dan perubahan perilaku gizi pada remaja dengan status gizi cenderung kurang. Penelitian ini menggunakan pendekatan *Evidence Based Nursing* (EBN) yaitu *Food Diary* dan Yin Yoga yang dilaksanakan selama 21 hari (9-27 Desember 2024) pada dua remaja berusia 13 tahun di wilayah RW 10 Kelurahan Grogol, Depok. Evaluasi dilakukan melalui pemantauan berat badan setiap pertemuan, analisis *food recall*, dan observasi perubahan perilaku makan. Hasil penelitian menunjukkan bahwa kedua remaja mengalami peningkatan rata-rata berat badan signifikan (remaja 1: 47,50 kg; remaja 2: 45,65 kg). *Food Diary* meningkatkan frekuensi makan menjadi 2 kali makan utama dan 1 snack sehat per hari, serta meningkatkan kesadaran pola makan dan konsumsi sayur-buah. Kombinasi *Food Diary* dan Yin Yoga efektif meningkatkan berat badan dan mengubah perilaku gizi remaja. Keluarga disarankan untuk meningkatkan keterlibatan aktif dalam perencanaan menu harian dengan menyediakan makanan bergizi seimbang, mendampingi remaja dalam pencatatan *Food Diary*, memberikan dukungan konsisten selama pelaksanaan program, dan menciptakan lingkungan rumah yang mendukung pola makan sehat.

Kata Kunci : Remaja, Perilaku Gizi, Defisit Nutrisi, *Food Diary*, Yin Yoga

ANALYSIS OF FAMILY NURSING CARE WITH FOOD DIARY AND YIN YOGA INTERVENTIONS IN PREVENTING MALNUTRITION PROBLEMS IN ADOLESCENT GIRLS IN RW 10 GROGOL, DEPOK

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Abstract

Data from the Indonesian Health Survey (2023) shows that 7.6% of adolescents aged 13-15 years experience malnutrition. In Depok City, the prevalence reached 9.61%, which has an impact on the physical, mental, and social health of adolescents. This study aims to analyze the effectiveness of the combination of Food Diary and Yin Yoga interventions on increasing knowledge and changing nutritional behavior in adolescents with nutritional status that tends to be less. This study used the Evidence Based Nursing (EBN) approach, namely Food Diary and Yin Yoga, which was carried out for 21 days (December 9-27, 2024) on two 13-year-old adolescents in the RW 10 area of Grogol Village, Depok. Evaluation was carried out through weight monitoring every meeting, food recall analysis, and observation of changes in eating behavior. The results showed that both adolescents experienced a significant increase in average body weight (adolescent 1: 47.50 kg; adolescent 2: 45.65 kg). The Food Diary increased the frequency of eating to 2 main meals and 1 healthy snack per day, as well as increased dietary awareness and vegetable consumption. The combination of Food Diary and Yin Yoga was effective in increasing weight and changing nutritional behavior of adolescents. Families are advised to increase active involvement in daily menu planning by providing nutritionally balanced foods, accompanying adolescents in recording the Food Diary, providing consistent support during program implementation, and creating a home environment that supports healthy eating.

Keywords : Adolescents, Nutritional Behavior, Malnutrition, Food Diary, Yin Yoga