

# **ESKPLORASI PENGETAHUAN PEDOMAN GIZI SEIMBANG TERHADAP PERILAKU PILIHAN PANGAN PADA REMAJA PUTRI *OVERWEIGHT* DI KELURAHAN TEGAL REJO KOTA MEDAN TAHUN 2020**

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## **Abstrak**

Pedoman gizi seimbang merupakan pengetahuan gizi yang harus dipahami oleh remaja putri, namun konsep pedoman gizi seimbang masih belum sefamiliar 4 sehat 5 sempurna. Perilaku pilihan pangan tidak sesuai anjuran pedoman gizi seimbang meningkatkan risiko *overweight*. Penelitian bertujuan untuk mengeksplorasi pengetahuan pedoman gizi seimbang dan faktor-faktor yang memengaruhi perilaku pilihan pangan pada remaja putri *overweight*. Penelitian menggunakan metode kualitatif. Pengumpulan data dilakukan dengan wawancara mendalam dan triangulasi sumber. Jumlah subjek sebanyak 16 orang. Subjek penelitian ialah remaja dengan status gizi *overweight* dan normal (sebagai pembanding). Penelitian dilakukan selama 8 minggu. Hasil penelitian menunjukkan seluruh subjek penelitian lebih mengenal 4 sehat 5 sempurna daripada Pedoman Gizi Seimbang. Pedoman gizi seimbang bukan menjadi alasan utama pilihan pangan subjek. Kebiasaan selalu sarapan sudah cukup baik diantara subjek, namun masih tingginya konsumsi pangan tidak sehat seperti makanan/minuman manis, gurih/asin, gorengan, serta komposisi makanan tidak seimbang diantara subjek penelitian. Perilaku pilihan pangan remaja putri *overweight* belum sesuai dengan pedoman gizi seimbang disebabkan minimnya keterpaparan informasi PGS serta lebih kuatnya pengaruh faktor eksternal (lingkungan rumah, sekolah, keluarga, dan media digital) maupun faktor internal (organoleptik pangan dan uang saku) dalam pembuatan keputusan pilihan pangan subjek.

**Kata Kunci** : Pedoman Gizi Seimbang; Pilihan Pangan; Remaja Putri; *Overweight*; Media Digital

# **EXPLORING BALANCED NUTRITION GUIDELINES KNOWLEDGE ON FOOD CHOICE BEHAVIOUR AMONG OVERWEIGHT GIRL ADOLESCENTS IN TEGAL REJO VILLAGE CITY OF MEDAN 2020**

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## **Abstract**

Balanced nutrition guidelines are one of the fundamental nutritional knowledge that girl adolescents have to know. In fact balanced nutrition guidelines are not familiar as 'complete menus of food' among girl adolescents. Improprate food choices behaviour to balanced nutrition guidelines increasing risk of overweight. This study aimed to exploring balanced nutrition guidelines knowledge and factors that influencing food choice behavior among overweight girl adolescents. Qualitative study method with indepth interview and observation were used in this study. Participants were chosen by purposive and snowball sampling, with total participants were 16. Source triangulation were conducted. Indepth interviews were conducted along with semi structured questions guide. Research showed all of the participants didn't familiar with balanced nutrition guidelines. They are more familiar with 'complete menus of food'. Balanced nutrition guidelines are not core factor that influencing their food choices. Having breakfast behaviour among participants is good enough, however high consumption of unhealthy food such as sugary food/beverages, salty and deep fried foods, and unbalanced food composition are still occurred on participants. Food choice behaviour among participants was impropriate to balanced nutrition guideline because of lack of exposure to the information. The most influencial factors are home, school, family environments and digital media. However the internal factors that cause the food choice behaviour are food organoleptic and pocket money.

**Keyword:** Balanced Nutrition Guidelines; Food Choice; Girl Adolescents; Overweight; Digital Media