# CHAPTER 1

# INTRODUCTION

## 1.1  Background

National baseline health research (Riskesdas) from Ministry of Health of Republic of Indonesia showed the problem of obesity in >18 years old in Indonesia by 21.8% and overweight problems in Indonesia as much as 13.6% (Riskesdas, 2018).Riskesdas of East Java Province (2018) showed that the prevalence of Chronic Energy Deficiency risk in adolescents 15-19 years old amounted to 37.73%, the prevalence of central obesity in those >18 years old at 22.37% and the overweight of 13.75%. According to Ministry of Health (Kemenkes) (2016) the results of the examination of obesity in East Java explain that 11.16% or the equivalent with 315.512 peoples. The obese population of East Java was 8,07% (91,323 peoples) for male and 13.23% (224,189 peoples) for woman.

Besides, adolescents are also experiencing problems with malnutrition or underweight. According to the results of monitoring the nutritional status in 2017, it showed that 5% of the population >18 years old are malnutrition in Indonesia. While in East Java, the prevalence of malnutrition among people >18 years old is still relatively high at 5.1% (Kemenkes RI, 2018).

In Islam, obesity and overweight is something that is not recommended even it is disliked by Allah and His Messenger. Rasulullah PBUH said:

خَيْرُ أُمَّتِى قَرْنِى ثُمَّ الَّذِينَ يَلُونَهُمْ ثُمَّ الَّذِينَ يَلُونَهُمْثُمَّ إِنَّ بَعْدَكُمْ قَوْمًا
يَشْهَدُونَ وَلاَ يُسْتَشْهَدُونَ وَيَخُونُونَ وَلاَ يُؤْتَمَنُونَ ، وَيَنْذُرُونَ وَلاَ يَفُونَ ،
وَيَظْهَرُ فِيهِمُ السِّمَنُ

Which means «My best people are (people) in my day, then in the next period. Then after that, there will be people who testify but cannot be trusted, adorned and cannot hold the mandate, vow, but do not carry it out

and look fat. «(HR. Bukhari and Muslim)

Research conducted by Nunung (2010), in boarding school Darrul Muttaqien showed that 34.20% of the total amount of female students had overweight and 24.10% had underweight. There are several factors affect the nutritional status of the university-based student at the boarding school including bad eating habits. Knowledge of diet is necessary to maintain health, Allah said in Al-Qur`an surah Abasa verse 24:

$$فَلْيَنظُرِ ٱلْإِنسَٰنُ إِلَىٰ طَعَامِهِ$$

this means, «*let man consider his food*».

Food consumption can describe the character of a person, if he consumes a good food, it will give a good effect also for himself and gave a positive thing for the people around him. According to research by Damayanti, *et al* (2018) said that the female students in the Islamic boarding school have good nutritional knowledge with the percentage as much as 86.1%. According to Salsabila.,*et al.* (2017)because the Islamic boarding school provided high fat foods, so students consume more fatty foods.

Rifqiyantunnasiyah (2017), has been studied that these bad habits caused by the boredom of the provided diet and feeling lazy to queue up to grab a meal and can not choose the food that they like, thus affecting the eating pattern of female students. Another factor affecting the nutritional problems in boarding schools that environmental factors. In Samranah (2017) study, showed that in the Islamic boarding school environment will affect *santriwati`s* knowledge that will result in food consumption behavior. *Santri* or *santriwati* was student called in islamic boarding school.

Other than environmental factors, physical activity also has related to nutritional status, low physical activity will cause negative effects such as less lively movement because of excesive weight, this study use a children as participants (Erwinanto, 2017). Psychiatric symptoms including often appear in public can affect the nutritional status that emotional mental

condition. This situation is one of the trigger for obesity, in certain people overeating can occur due to the response from a feeling of stress (Robert, *et al*, 2012). The malnutrition will result in a decrease in the studied concentrations, decreased physical fitness and interference with the growth so the weight and height did not reach normal to risk to maternal and infant mortality and the risk of having a baby Low Birth Weight (LBW) (Masthalina, *et al*, 2015).

The University of Darussalam (UNIDA) Gontor has two categories of students which are regular students and teaching-students, regular students. In addition to serving as teachers to guide female students, teaching-student also mandated a student at the UNIDA Gontor are united in a single container that Student Council. The teaching-student has a very solid activity from the early waking up until going to sleep. Dense activities possessed by the teaching-student must be balanced with a good diet to optimize their duties as a student and mentor for female students (Anonim, 2019). Thus the researchers wanted to look for risk factors that affect the nutritional status of teaching-student.

**1.2. Formulation of the Problem**

What is the most risk factors related to the nutritional status of teaching-student at theUniversity of Darussalam Gontor For Girl`s?

**1.3. Research Purposes**

1.3.1.General Purpose

Knowing the most risk factors related to the nutritional status of teaching-student at theUniversity of Darussalam Gontor For Girl`s.

1.3.2.Special Purpose

1. Describing the characteristics of teaching-student at theUniversity of Darussalam Gontor For Girls in East Java.
2. Proving the correlation between the level of nutritional knowledge with nutritional status at the University of Darussalam Gontor For Girl`s teaching-student.

3. Proving the correlation between dietary pattern with nutritional status of teaching-student at the University of Darussalam Gontor For Girl`s.
4. Proving the correlation between body image with nutritional status teaching-student at the University of Darussalam Gontor For Girl`s.
5. Proving the correlation between emotional mental conditions with nutritional status of teaching-student at the University of Darussalam Gontor For Girl`s.
6. Proving the correlation between physical activity with nutritional status of teaching-student at the University of Darussalam Gontor For Girl`s.
7. Proving the correlation between the duration of sleep with nutritional status of teaching-student at the University of Darussalam Gontor For Girl`s.

## 1.4. The Benefit of Research

1.4.1. Theoretically

Being a scientific contribution of the factors related to nutritional status.

1.4.2. Practically

As educational materials for teens about the factors that affect the nutritional status and how to achieve good nutritional status.

## 1.5. Authenticity of Research

## Table 1. Authenticity Research

| No. | Title | Variables and Methods | Research result | Difference |
|---|---|---|---|---|
| 1. | Correlation Between Eating Behavior with Nutritional Status on Female Adolescents (Pujiati,*et al*, 2015) | The independent variables:Eating behaviorThe dependent variable: Nutritional Status of Young WomenMethods: research design descriptive correlation with cross-sectional approach | Feeding behavior is not related to the nutritional status of adolescents. | The independent variables: Knowledge of nutrition, activity fisk, emotional mental condition, body image, and sleep durationMethods: purposive sampling |
| 2. | Logistics Analysis for Factors Associated with Nutritional Status of Youth (Ruslie, 2012) | The independent variables:excessive food intake, lack of physical activity, positive body image and male students and depression.The dependent variable: Nutritional Status of YouthMethods: the research design descriptive correlation with the cross-sectional approach, taking an engineering sample with simple random sampling | excessive food intake, lack of physical activity, positive body image and male students with overweight was a significant correlation(p-value <0.05). | The independent variables: knowledge of nutritionMethods: purposive sampling |
| 3. | Overview Balanced Nutrition Knowledge Level in *santriwati* Young Women in Boarding School (Damayanti,*et al*, 2018) | The independent variables:the level of knowledge of balanced nutritionThe dependent variable: adolescents female studentMethods: a cross-sectional study with a probability sampling technique with the cluster sampling method. | Female students know about good nutrition | Variables: relation of knowledge of nutrition, diet, physical activity, emotional mental condition, body imageThe dependent variable: the late teensMethods: purposive sampling. |

| No. | Title | Variables and Methods | Research result | Difference |
|---|---|---|---|---|
| 4. | Individual and Environmental Factors with Body Image In Women Students in Boarding School (Fatiyasani,*et al*, 2018) | The independent variables:Nutritional status, nutritional knowledge, self-confidence, cultural, socioeconomic, family, social supportThe dependent variable: Body image Methods: the research design descriptive correlation with a cross-sectional approach, taking an engineering sample with purposive sampling | Individual and the environment are factors that affect body image | The independent variables:Diet, physical activity, the emotional and mental condition of body imageThe dependent variable: Nutritional Status |