

# CHAPTER 1

## INTRODUCTION

### 1.1 Research Background

Adolescence is a transitional period from childhood to adulthood. According to the WHO, in 2022, ages 10-19 are classified as adolescents.<sup>1</sup> Based on data from the Indonesian Health Survey in 2023, 5.7% of adolescents in Indonesia aged 13-15 years were underweight, 12.1% were overweight, and 4.1% were obese.<sup>2</sup> In addition, a problem that often occurs in adolescents is the habit of consuming junk food. Dody Izhar's research in 2020 showed that 60% of adolescents are classified as frequently consuming junk food, namely >4 times/week.<sup>3</sup> In addition to the habit of junk food consumption, the problem in adolescent girls is body image. Adolescent girls experience more negative body image than adolescent boys.<sup>4</sup> Another problem that often occurs in adolescents is the amount of screen time activities that can cause weight gain due to consuming food while watching television, surfing the internet, and playing video games without realizing that the incoming calories have exceeded the body's total daily calories.<sup>5</sup>

One of the factors that can influence nutritional status is place of residence.<sup>6</sup> Sasmiyanto, in 2016, showed a relationship between residence and nutritional status.<sup>7</sup> Residence also indirectly affects the incidence of overweight and obesity in adolescence. In urban areas, access, distribution,

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<sup>1</sup> Who. (2022). Adolescent Health. Diperoleh Tanggal 3 April 2022, Dari <https://www.who.int/southeastasia/health-topics/adolescent-health>

<sup>2</sup> Kemenkes. Survei Kesehatan Indonesia (SKI) 2023 [Internet]. 2023.

<sup>3</sup> M Dody Izhar, "Hubungan Antara Konsumsi Junk Food, Aktivitas Fisik Dengan Status Gizi Siswa Sma Negeri 1 Jambi" 5, No. 1 (2020).

<sup>4</sup> Sarah Grogan, *Body Image: Understanding Body Dissatisfaction In Men, Women, And Children*, 4 Ed. (London: Routledge, 2021), <https://doi.org/10.4324/9781003100041>.

<sup>5</sup> Desak Ayu Sri Cinthya Uttari Igl. Hubungan Antara Screen Time Dengan Obesitas Pada Anak. 2017;6(5):31-4.

<sup>6</sup> Yulia Rachmawati Dan Sriyanti Sriyanti, "The Influence Of History Of Overweight And Place Of Residence On Nutritional Status," *Jurnal Bahana Kesehatan Masyarakat (Bahana Of Journal Public Health)* 8, No. 1 (30 Mei 2024): 60-64, <https://doi.org/10.35910/jbkm.v8i1.723>.

<sup>7</sup> Sasmiyanto, Handayani Lt. 2016. Studi Komparasi Indikator Sehat Bayi, Balita Dan Ibu Hamil Di Wilayah Pesisir Pantai Dan Pegunungan Di Kabupaten Jember Tahun 2015.

and food selection are more prevalent than in rural areas.<sup>8</sup> Nutritional status in urban and rural areas is different. According to Dewi et al.'s research in 2024 showed that adolescents who experienced more nutrition in rural areas were higher than in urban areas.<sup>9</sup> Dewi et al. in 2024 said that the nutritional status of urban and rural areas is different.<sup>10</sup> According to Riskesdas data in 2018 in East Java Province, the prevalence of nutritional status problems (BMI/Age) in adolescents aged 13-15 years living in urban areas was 26.8% (undernourished 8.6%, overnourished 18.2%), while in children living in rural blood was 22.2% (undernourished 8.6%, overnourished 13.6%).<sup>11</sup> One of the reasons for this is the consumption of junk food.

The consumption of junk food in Indonesia in both urban and rural areas is growing rapidly.<sup>12</sup> Dwiwana's research in 2022 on adolescents living in urban areas found that the frequency of junk food consumption in the rare category was 65.6% compared to the frequent category, which was 17.7%.<sup>13</sup> While the frequency of Junk food consumption in rural areas of all respondents found that most respondents often consume junk food as much as 75.8%, and a small proportion of respondents rarely consume junk food as much as 24.2%.<sup>14</sup>

In addition to junk food consumption habits, body image can affect eating behavior in adolescents which will ultimately affect nutritional status

<sup>8</sup> Permaisih. Status Gizi Remaja Dan Faktor-Faktor Yang Mempengaruhi. Tersedia Dari: [Http://Www. Litbang.Depkes.Go.Id](http://www.litbang.depkes.go.id).

<sup>9</sup> Ranita Suri Dewi, Cesilia Meti Dwiriani, Dan Ali Khomsan, "Nutritional Knowledge, Diet Quality And Nutritional Status Of School-Going Adolescents In Rural And Urban Areas In West Aceh," *Action: Aceh Nutrition Journal* 9, No. 2 (19 Juni 2024): 297, <https://doi.org/10.30867/action.v9i2.1723>.

<sup>10</sup> Dewi, Dwiriani, Dan Khomsan.

<sup>11</sup> Riset Kesehatan Dasar [Internet]. Laporan Nasional Riskesdas 2018; 2018 [Cited 2022 Februari 17]. Badan Penelitian Dan Pengembangan Kesehatan Kementerian Kesehatan RI.

<sup>12</sup> Fevi Yetmi, Fatma Sylvana Dewi Harahap, Dan Wanda Lestari, "Analisis Faktor Yang Mempengaruhi Konsumsi Fast Food Pada Siswa Di Sma Cerdas Bangsa Kabupaten Deli Serdang Tahun 2020" 6, No. 1 (2021).

<sup>13</sup> Mayang Fajar Dwiwana Dan Retno Puji Astuti, "Hubungan Konsumsi Junk Food, Status Gizi Dan Aktivitas Fisik Terhadap Menarche Pada Remaja Di Mtsn 2 Kabupaten Tangerang Tahun 2022," *Indonesia Journal Of Midwifery Sciences* 2, No. 4 (8 Oktober 2023): 329–34, <https://doi.org/10.53801/ijms.v2i4.128>.

<sup>14</sup> Almasyifa Putriana, "Hubungan Status Gizi Dan Konsumsi Junk Food Terhadap Kejadian Menarche Dini Pada Siswa Sekolah Dasar Di Wilayah Kecamatan Cipanas Kabupaten Lebak Tahun 2024," 2024.

in adolescents. Body Image is categorized into positive and negative. The results of research conducted by Apriyani et al in 2024 in urban areas showed that there were 28% of respondents had a negative body image.<sup>15</sup> The results of Hendarini's research in 2017 in rural areas found that most respondents had a negative body image, as many as 51.5%.<sup>16</sup> Negative body image can arise due to prolonged screen time activity.

Currently, the recommended screen time duration for adolescents should not exceed 2 hours per day.<sup>17</sup> The difference in average screen time duration is statistically significant, with 117 minutes in the urban group compared to 93 minutes in the rural group.<sup>18</sup> Screen time duration is statistically significantly lower among male and female adolescents living in urban areas compared to those in rural areas.<sup>19</sup>

Based on a hadith narrated by Baihaqi, the Prophet Muhammad (SAW) reminded his ummah about the importance of time and the opportunities given in life. Time management is essential in carrying out daily activities to avoid wasting time. According to a hadith narrated by Ibn Abbas, people often forget five great blessings. Rasulullah SAW said: *“Take advantage of five before (the arrival of) five: Your life before your death, your health before your illness, your free time before your busyness, your youth before your old age, and your wealth before your poverty.”* (HR. Baihaqi).

<sup>15</sup> Apriyani, Aulawi, And Syuryadi, “Body Image, Perilaku Makan, Dan Status Gizi Remaja Di Sma Negeri 9 Kota Pekanbaru.”

<sup>16</sup> Any Tri Hendarini, “Pengaruh Body Image Dan Kebiasaan Makan Dengan Status Gizi Di Sman 1 Kampar Tahun 2017,” *Jurnal Gizi (Nutritions Journal)* Volume 2 Nomor 2 Tahun 2018 (T.T.): 138–45.

<sup>17</sup> Knebelmtg, Santos Pcd, Sauca Acf, Silva Ks.2022. The Conception, Content Validation, And Test-Retest Reliability Of The Questionnaire For Screen Time Of Adolescents (Quest). *Jornal De Pediatría*. 98(2), 175-182. <https://doi.org/10.1016/J.Jped.2021.05.004>

<sup>18</sup> Suhas Chandran Dkk., “A Comparative Study Of Screen Time, Sleep Duration And Behavioural Disturbances In Urban And Rural High School Children,” *Journal Of Indian Association For Child And Adolescent Mental Health* 16, No. 4 (Oktober 2020): 119–41, <https://doi.org/10.1177/0973134220200408>.

<sup>19</sup> Manyanga T, Et, Al. 2022. A Comparison Of Meeting Physical Activity And Screen Time Recommendations Between Canadian Youth Living In Rural And Urban Communities: A Nationally Representative Cross-Sectional Analysis. *Int. J. Environ. Res. Public Health*, 19(7), 4394;

Based on the explanation above, a study on the differences in nutritional status, junk food consumption habits, body image, and screen time among adolescent girls in urban and rural areas is necessary.

## **1.2 Research Problems**

Are there differences in nutritional status, junk food consumption habits, body image, and screen time among adolescent girls in urban and rural areas?

## **1.3 Research Objectives**

### **1. General Objectives**

Analyzing the differences in nutritional status, junk food consumption habits, body image, and screen time among adolescent girls in urban and rural areas.

### **2. Specific Objectives**

- a. Analyzing the characteristics of adolescent girls in urban and rural areas
- b. Analyzing the differences in nutritional status of adolescent girls in urban and rural areas.
- c. Analyzing the differences in junk food consumption habits among adolescent girls in urban and rural areas.
- d. Analyzing differences in body image among adolescent girls in urban and rural areas.
- e. Analyzing differences in screen time among adolescent girls in urban and rural areas.

## **1.4 Research Benefits**

### **1. Theoretical Benefits**

This study can theoretically provide information related to differences in nutritional status, junk food consumption habits, body image, and screen time in adolescents in urban and rural areas. The results are expected to contribute to science, especially about nutritional status, junk food consumption habits, body image, and screen time.

## 2. Practical Benefits

The results can provide a basis for developing adolescent health intervention programs that promote good nutritional status, improve diet, improve body image mindset, and reduce excessive screen time.

### 1.5 Authenticity Research

Table 1. Authenticity Research

No	Researcher name, title, and year	Research Method			Research results	Research differences
		Research design	Research variables	Research sample		
1	Cica Yulia, Delita Septia, M.Muktiarni dan Desyane Ramadhina. <i>Reflections of well-being: navigating body image, chronic energy deficiency, and nutritional intake among urban and rural adolescents.</i> 2024 <sup>20</sup>	Cross sectional, Sampling technique: random sampling	<i>Body Image</i> , KEK, macronutrient intake	387 students from 5 schools in each region	More than half of adolescents in urban (54.0%) and rural areas (61.7%) at risk of SEZ, have body perception negative body image perception in urban (69.1%) and rural (62.3%), and low macronutrient consumption in urban and rural adolescents.	The dependent variables used are nutritional status, junk food consumption habits, and screen time. Purposive sampling technique sampling technique. The number of samples was 43 in each group. The place of research is Ngawi. The sample is adolescent girls.
2	Kustin. <i>Differences in junk food consumption patterns in junior high school girls in urban and rural areas on the incidence of early menarche.</i> 2018 <sup>21</sup>	This research design is cross-sectional. Sampling technique: cluster random sampling.	Junk food consumption pattern, menarche occurrence	88 samples in each region	There is a significant influence of junk food consumption patterns on puberty Menarche statistically $p < 0.05$ for junior high school in urban and rural areas.	Dependent variables: nutritional status, habits, body image, screen time, and purposive sampling technique. 42 samples in each group. Ngawi region.

<sup>20</sup> Cica Yulia Dkk., "Reflections Of Well-Being: Navigating Body Image, Chronic Energy Deficiency, And Nutritional Intake Among Urban And Rural Adolescents," *Frontiers In Nutrition* 11 (1 Mei 2024): 1346929, <https://doi.org/10.3389/fnut.2024.1346929>.

<sup>21</sup> Kustin Kustin, "Perbedaan Pola Konsumsi Junk Food Food Pada Remaja Putri Smp Daerah Perkotaan Dan Pedesaan Terhadap Kejadian Menarche Dini," *Jurnal Kesehatan* 6 (19 April 2019): 110–16, <https://doi.org/10.25047/J-Kes.V6i3.62>.

No	Researcher name, title, and year	Research Method			Research results	Research differences
		Research design	Research variables	Research sample		
3	Nila Ratna Amaliyah. Differences in nutritional knowledge, energy adequacy, macronutrients, and nutritional status among adolescents in boarding schools. City and village. 2022 <sup>22</sup>	<i>Cross-sectional design. Sampling technique: total sampling</i>	Nutrition knowledge, energy adequacy, macronutrients, and nutritional status	52 students of Roudhotul Qur'an boarding school and 52 students of Gintungan boarding school.	There is a difference between the level of nutritional knowledge of boarding school students in the city and in the village (p-value = 0.000). There is no difference between the level of adequacy of energy and macronutrients of boarding school students in the city and village (p>0.05). Boarding schools in cities and villages (p>0.05). There is no difference between the nutritional status of boarding school students in the village and the city (p-value = 0.911).	The dependent variable: junk food consumption habits, body image, screen time, and purposive sampling technique. The number of samples is 43 in each group. Sample of junior high school adolescents
4	Ariani. The Impact of Gadget Play on Elementary School Children in Urban and Rural Environment s.2017.	cross-sectional with stratified random sampling	The impact of screen time on children	355 people from 2 venues aged 7-11 years old	13.5% of subjects reported >2 hours/day of total gadget use duration	Dependent variables: nutritional status, junk food consumption habits, and body image. The sampling technique was purposive sampling. The number of samples was 43 in each group. Sample: junior high school girls. Location: Ngawi.

<sup>22</sup> Ila Ratna Amaliyah, "Perbedaan Pengetahuan Gizi, Tingkat Kecukupan Energi, Zat Gizi Makro Dan Status Gizi Pada Remaja Di Pondok Pesantren Desa Dan Kota," 2022.



No	Researcher name, title, and year	Research Method			Research results	Research differences
		Research design	Research variables	Research sample		
5	Novia Adriyani. Differences in nutritional status, breakfast habits of Urban and Rural high school adolescents. 2019 <sup>23</sup>	Cross-sectional with simple random sampling	Breakfast habits and nutritional status	96 high school students consisting of 2 groups	There is no difference in the nutritional status of high school adolescents in urban and rural areas $p=0.933$ , but there is a difference in data.	Sample of junior high school adolescents and variables of diet, body image, and screen time. The sampling technique was purposive sampling. The number of samples was 43 in each group. Place: Ngawi.



<sup>23</sup> Adriyani, Novia. 2019. "Perbedaan Status Gizi Dan Kebiasaan Sarapan Remaja Sma Urban Dan Rural."