

# DETERMINANTS OF OBESITY IN YOUNG WOMEN

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## ABSTRACT

### Abstract

The purpose of this research is to know the consumption patterns of young women are obese, the relationship between dietary macronutrient with nutritional status in young women who are obese, and contribution factors of dietary macronutrient and the size of the teenage daughter of the Anthropometry at birth and IMT parents against obesity in young women.

Type of this research is descriptive research with sampling that is Purposive sampling. The sample in this study i.e., young women aged 18-24 years amounted to 35 young women. Free variables, namely dietary macronutrient, Anthropometry, namely weight teenage daughter at birth, IMT parents young women. Variable depending on obesity/IMT young women while doing research. Instrument in this study i.e., observation sheet now and recall of diet and Health Survey Nutry applications using RI.

The results of his research i.e. consumption patterns young women who are obese are proportional comparisons between the intake of protein, fat and carbohydrates were in accordance with the concept of balanced nutrition. For a quantity that is the amount of energy consumed from foods everyday yet Nutritional Adequacy Number refers (RDA) is recommended because new meets completely, there is no relationship between consumption pattern with Time Index of the body (IMT) as one of the the size of the Anthropometry at young women who are obese and contribution factors of dietary macronutrient, weight at birth, and parents against IMT IMT young women respectively are very small i.e. of 0.0020; 1.2740, and 0.0780.

Kata Kunci: *Keywords: Obesity, Teenage Daughter*