

Nutrition and Activities for Young Women Relationship With Obesity, And Patterns Of Inheritance

by Tutiek Rahayu, Yuliati, Paramita Cahyaningrum Kuswandi, Novi Rofa Amiroh, Retno Wiyati, Puput Dyan Permatasa

ABSTRACT

Abstract

The purpose of this study was to determine the supply of adolescent gzi adolescents who are obese, the activities of adolescent girls who are obese, inheritance patterns in adolescent girls who are obese, the relationship of nutritional intake with obesity, and the relationship of activity with obesity in adolescent girls. The population in this study are all adolescent girls who are obese in the city of Yogyakarta. The sample of this study was all adolescent girls who were obese in the city of Yogyakarta who were not on a dietary diet at the time of the study and were healthy. The sampling technique was purposive sampling. The technique of collecting data was using the observation method by giving a questionnaire instrument. Retrieval of antropometry data for adolescent girls at birth, measurement and weight calculation, diet recall or dietary records recorded from daily food for three consecutive days and measurement of adolescent girls' activities with a smart watch. Conversion methods for data tabulation with the application of nutrisurvey, conversion of nutrition adequacy tables, and conversion of anthropometric calculations by calculating parental BMI. Data analysis techniques about nutrient intake, activity, and inheritance patterns were analyzed with descriptive statistics. The relationship of nutritional intake and activity with female BMI was analyzed with inferential statistics for correlation. The results of this study are expected to produce mandatory outcomes in the form of scientific articles published in proceedings or international journals indexed by Scopus, or Thompson Reuters. Additional output expected from this study is national proceedings.

Kata Kunci: *obesity, adolescent girls.*