

Behaviour Modification to Improve Diet Quality and Body Composition of Overweight and Obesity Santri

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ABSTRACT

Background: The prevalence of overweight and obesity in adolescent were elevated. Overweight and obesity of santri were caused on by low diet quality which describe though inappropriate intake of food and low physical activity (energy expenditure). Behaviour modification is needed to improve diet quality and body composition.

Objective: The purposed of this study was to analyze how the santri nutrition class affected diet quality, percent body fat and waist circumference.

Methods: A pre-post test group design with 34 subjects who met the inclusion criteria was used in this quasi-experimental investigation. Subjects consisted of 17 intervention subjects and 17 control subjects. The intervention group was given a santri nutrition class in nutrition education 4x and aerobic exercise 12x in a month. Diet quality data was gathered using the Diet Quality Index-International (DQI-I) form, measurements of body fat percentage were made using Bioelectrical Impedance Analysis (BIA), and waist circumference was measured using a medline. Analysis using Independent t-test, Mann-Whitney test, Wilcoxon test, and Paired t-test.

Ressult: Santri overweight and obese have a low quality diet. Between the intervention and control group, there were differences in diet quality changes, variation, and adequacy component ($p=0.001$, $p=0.029$, $p=0.001$). Average changes pre and post body fat percentage the intervention group and control group were different ($p=0.001$; $p=0.038$)

Conclusions: Santri nutritional class affects the quality diet, variation score, adequacy score, waist circumference of overweight and obese santri.

Keywords: Diet quality, percent body fat, santri nutritional class, waist circumference

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