

# CHAPTER 1

## INTRODUCTION

### 1.1. Background

A recent study by Riset Kesehatan Dasar (2018) has found that the prevalence of the non-communicable disease in Indonesia such as cancer, stroke, chronic kidney disease, diabetes Mellitus, and hypertension in 2017 were all increased compared to 2013. Often known as a "lifestyle" disease, diet come to be one of the inevitable factors that cause non-communicable disease. Therefore, it is important to have an adequate and balanced diet to prevent the NCD which can be achieved through having a good food choice, habits, and diversity. Before that, it is essential to have a sufficient understanding of food components and their impact on health, or known as nutritional knowledge. According to Nayga (2000), nutritional knowledge can be originated from several sources such as people (e.g., dietitians, parents, teachers, peers) or media (e.g., Magazine, TV, and social media). However, on the other side, it is equally important to have access to information about the food content where nutritional knowledge can be applied.

In Indonesia, the application of food label is regulated by Badan Pengawas Obat dan Makanan (BPOM) with government regulation No. 31/2018 about the labeling of processed food. More than just providing information about the food product, food label also contains of nutrition label which can be a good tool for identifying the healthfulness of a food product. More than easing the process of choosing the suitable or preferred food, food label can facilitates those who suffer from health problems or required diet management. As one of the access to nutritional information, a nutrition label would also influence the nutritional behavior of a person such as food choice (Barreiro-Hurlé, Gracia, and De-Magistris, 2010; Grunert and Wills, 2007).

Food choice is a selection and consumption of food and beverages which will influence dietary diversity and eventually become one of the food habits. Several factors, such as

intrapersonal (psychological, physiological), environmental (e.g., family, parents, school, and acculturation), availability, and accessibility may influence food choice. Thus, during a lifetime, a shift of food choice and dietary pattern may occur, for instance, during the adolescence.

Adolescence is one of the critical phases in life as the growth and development of physical and cognitive are faster than any time except the first year (World Health Organization, 2006). Other than that, adolescence perceived as the proper time to fulfill the inadequate nutrition during childhood. Moreover, the food habit or nutritional behavior of adolescents will be established in this phase (Gracey et al., 1996). Thus, healthy and proper nutrition is required to support the aforementioned circumstances. A healthy and diverse food choice along with a good food habit would optimize the adolescents potential today and a healthy life tomorrow.

On the other side, adolescence is a phase where influences are coming to change their food choice. Adolescents often assume that they have the responsibility for their own health, including diet; therefore, there usually a shift in their food choice (Cusatis and Shannon, 1996). Instead of having a proper meal, the adolescents tend to eat a snack which added more unnecessary calories to their diet. This behavior is surely unfavorable and should be avoided as it may disrupt their meal time.

A study by Nurcahya and Indrawati (2014) have shown that the nutritional knowledge of Indonesian adolescents was only 37.2% which considered as inadequate. As one of the most crucial parts of life, having a well understanding of nutrition is important for the adolescents as it helps them to develop a more nutritious and balanced diet. In this study, the assessment of nutritional knowledge, food choice, food habits, and dietary diversity in adolescents was assessed. Along with that, the source of their nutritional knowledge was also included in this study.

## **1.2. Objective**

The objective of this study was to assess the association between nutritional knowledge of the adolescents to their food choice, food habits, and dietary diversity. Specifically, the objectives of this study were as follows:

- To assess the nutritional knowledge of junior high school student.
- To assess the understanding of food label in snacks and beverages.
- To identify the information source of their nutritional knowledge.
- To assess the food choice of a junior high school student.
- To assess the food habits of a junior high school student.
- To assess the dietary diversity of junior high school student.

## **1.3. Benefits of the study**

The findings of the study would provide great benefits as follows:

- Provide the information about the relationship between nutritional knowledge to food choice, food habits, and dietary diversity of adolescents.
- Provide the information of how the adolescents acquires the information about nutrition and their understanding of the food label in snacks and beverages.
- As one of the supplementary literature for future research or a study to be continued and replicated.