



Description Of Knowledge, Self-Control, And Family Support In Adolescents In Obesity Prevention

Risda Mariana Manik¹, Jesy Maria Ariani Simanjuntak², R. Oktaviance³, Bernadetta Ambarita⁴
^{1,2,3,4}Program Studi Diploma 3 Kebidanan, Sekolah Tinggi Ilmu Kesehatan Santa Elisabeth
Medan, Medan

Email: simanjuntakjesymaria@gmail.com

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Abstract

Obesity is a condition of body weight exceeding normal limits due to the accumulation of excess fat in the body. Knowledge is the result of a person's understanding of a particular thing. Perception occurs through the five human senses, namely sight, hearing, smell, taste, and touch. Most human knowledge is obtained through the eyes and ears. Self-control is a person's ability to restrain negative reactions and control behavior caused by a stimulus so that a person can make good decisions and achieve the expected results. Family support is a process that occurs throughout the life cycle, and the nature and type of support vary at different stages of the life cycle. This study aims to determine the Description of Knowledge, Self-Control, and Family Support in Adolescents in Preventing Obesity. This study is a descriptive study with a total sampling method with a questionnaire distribution method. The sample of this study are 101 respondents. Based on this research, the results of Knowledge in Adolescents in Obesity Prevention obtained the results of the data study that: good amounted to 24 respondents (23.8%), sufficient amounted to 65 respondents (64.3%), and insufficient amounted to 12 respondents (11.9%). On average, the majority of women and men with an age range of 16 - 19 years. Self-Control in Adolescents in Obesity Prevention obtained the results of the data study that: low amounted to 67 respondents (66.3%), and high amounted to 34 respondents (33.7%). The average majority of women and men with an age range of 16 - 19 years. Family Support for Adolescents in Obesity Prevention obtained data research results that: good amounted to 87 respondents (86.1%), and less good amounted to 14 respondents (13.9%). The average majority of women and men with an age range of 16 - 19 years.

Keywords: Obesity, Knowledge, Self-control, Family Support.

INTRODUCTION

Obesity occurs due to an imbalance between energy intake and energy expenditure, characterized by abnormal fat accumulation. This condition can increase the risk of various

chronic diseases, including coronary heart disease, stroke, diabetes, and high blood pressure (Ministry of Research, 2024).

Obesity can occur when a person continuously consumes high-calorie foods and drinks without balancing it with physical activity or other causative factors.

According to the World Health Organization, obesity is a condition characterized by excessive or abnormal accumulation of body fat, which can pose a health risk. (Ministry of Research, 2024)

In her remarks, Indi Dharmayanti, Head of the BRIN Health Research Organization, explained that Indonesia is currently experiencing a nutritional transition, with rates of malnutrition remaining high, while rates of overnutrition, such as obesity, are also increasing. This situation is known as the "double nutrition" problem (Ministry of Research, 2024) .

According to a 2022 WHO (World Health Organization) report, a newly released study by The Lancet that includes regional languages shows that obesity rates will double in 2022. Globally, obesity rates among adults have doubled since 1990, and obesity rates among children and adolescents (aged 5 to 19) have quadrupled. Data also shows that by 2022, 43% of adults will experience weight gain.

In 2023, the proportion of early-stage obesity among the Indonesian population aged 18 and over reached 48.8%, or approximately 68,161,703 people. The provinces with the highest rates of early-stage obesity in this age group were Gorontalo, West Nusa Tenggara, and Jakarta, all of which exceeded the national target of 70%. Conversely, the province with the lowest rate of early-stage obesity was Highlands Papua, at 0.2% (Health Profile, 2023).

According to the 2023 Indonesian Health Survey, the prevalence of overweight and obesity in children aged 5-12 was recorded at around 19.7%, while in the 13-15 age group, the figure reached around 16%. These figures are nearly identical to the 2018 Basic Health Study, which reported proportions in these age groups at 19.8% and 16.2%, respectively (Ministry of Research, 2024).

According to the 2023 North Sumatra Health Profile, early detection results indicate that the proportion of the Indonesian population aged 18 and over who is obese in 2023 is 12.2%. The province with the lowest obesity rate in this age group is East Nusa Tenggara at 5.3%, while the provinces with the highest proportions are South Papua (22.2%), Papua (21.6%), and Central Papua (21.2%) (Health Profile, 2023).

According to research (Patuh Padaallah et al., 2024) , 35.7% of 126 respondents did not have knowledge about obesity prevention.

Based on research (Riska et al., 2023) , of the 75 respondents, the majority of 11th-grade students had a high level of knowledge, namely 72 (96.0%) respondents. Meanwhile, a small number of 11th-grade students (3.4.0%) respondents had adequate knowledge.

Based on research (Patuh Padaallah et al., 2024) of 126 respondents, respondents who had the highest self-control variable index were respondents who had low cognitive control abilities, namely 54%.

Based on research (Adetya & S, 2023), data analysis shows that self-control has a significant influence of 9.1% on adolescent health behaviors. These results suggest that self-control may be an important factor in promoting healthy behaviors in adolescents.

Based on research (Basida et al., 2022), the majority of respondents, namely 53 people (54.6%), experienced poor family support, while 44 people (45.4%) received good family support.

Based on the frequency distribution of a total of 52 research respondents (Yusup Kresnadi et al., 2021), the largest number of respondents with poor family support was 29 respondents (44.2%). It can be concluded that 29 respondents (55.8%) had insufficient family support.

This initial data was obtained from research conducted by researchers at St. Petrus High School in Medan in 2025. Through observation methods, interviews with adolescents, and field surveys, this study highlighted students' knowledge regarding obesity prevention, self-control, and family support. Researchers interviewed 10 students who were obese and also 15 male and female students who did not yet have an understanding of obesity, self-control, and the role of family support in dealing with it (Sudarman, Tendean, & Wagey, 2021).

RESEARCH METHODS

This study uses a descriptive design method, which aims to collect data to describe or present a profile of knowledge, self-control, and family support in efforts to prevent obesity among adolescents at St. Petrus High School, Medan in 2025.

The target group was all 11th-grade students at St. Petrus High School, Medan. This study involved 11th-grade students at St. Petrus High School, Medan. The research subjects at St. Petrus High School, Medan, numbered 32, 34, and 35 students in one class, and three classes were taken as the 11th-grade population (Setiana et al., 2022).

A sample is a group of individuals or elements taken from a population with the aim of representing the entire population. This study employed the *total sampling method*, a sampling technique in which all members of the population are included. Therefore, the sample size used in this study is equivalent to the entire population (F. Nasution, Andilala, & Siregar, 2021).

The criteria for this study were: Only respondents who were present/came to class during the study were taken as respondents. There were 104 people in total, and 101 were taken as respondents because three people were absent or sick.

These research components are observable elements, influencing factors in the research, or the phenomena being studied. Research objectives can vary from person to person, depending on the focus and purpose of the research (Masruroh, 2018).

The elements that are the focus of observation in this research are the description of obesity prevention knowledge, self-control, and family support in adolescents at St. Petrus High School, Medan in 2025.

Research is a systematic process for gaining an understanding of a phenomenon. Research variables refer to the concepts that are the focus of the study. Operational definitions of variables are concrete descriptions of these concepts, including clear boundaries and measurement methods. This is essential to ensure that the variables under study can be measured objectively and consistently, and to develop appropriate instruments for data collection (Widaryanti, 2022).

This research data collection method refers to how researchers obtain information directly from primary sources. This primary data is used as one of the primary sources in the data

collection process (Endang Sri Wahjuni et al., 2025). The initial stage begins with the researcher introducing themselves and explaining the purpose and intent of the study. Afterward, the researcher asks respondents for permission to participate, which is achieved by completing a provided questionnaire.

This original data was obtained directly from the website and then processed for the purposes of completing the questionnaire. The questionnaire completion procedure was explained to respondents in advance, and their consent was obtained before distribution. Upon receiving the questionnaire, respondents immediately completed it according to the instructions provided.

RESULTS AND DISCUSSION

Research Location Overview

In this chapter 5, we will explain the description of the research location entitled "Description of Knowledge, Self-Control, and Family Support in Adolescents in Obesity Prevention at St. Petrus High School Medan in 2025." This research was conducted from May 26 to 28, 2025. St. Petrus Private High School Medan was founded in July 2000 and is located at Jalan Luku I No. 1, Medan. This school was initiated by Father Murru Antonio, the chairman of the Deli Serdang Catholic Education Foundation at that time, who founded St. Petrus High School Medan. At its inception, this school only had two classes and was led by Drs. Sarimin Ginting as the first principal, who also served as the principal at Deli Murni Delitua High School. In 2015, St. Petrus High School Medan joined under the auspices of YPK Don Bosco KAM, and the school's name changed from SMU to SMA. In 2018, Mrs. Alapaet Rismawaty Manurung, S.Pd., was appointed as Principal replacing Drs. Liberty Pakpahan. Furthermore, in November 2021, YPK Don Bosco appointed Mr. Mangantar Simbolon, S.Si., SP, as the principal of St. Petrus Medan Private High School until now.

St. Peter Private High School in Medan, North Province, Kwala Bekala Village, Medan Johor District, Medan City, North Sumatra, is one of the schools under the auspices of the Don Bosco KAM Catholic Education Foundation, one of the educational foundations owned by the Archdiocese of Medan. St. Peter Private High School in Medan is located in an alley, right behind St. Peter's Church (H. S. Nasution, Ridwan, & Wisudariani, 2023).

St. Petrus Medan High School has 9 classrooms, namely class X-1, X-2, X-3, XI IPA-1, XI IPA-2, XI IPS, XII IPA-1, XII IPA-2, and XII IPS. The available facilities include one science laboratory, one computer laboratory, a library, an OSIS room, and a BP/BK room. The computer laboratory and science laboratory at this school are equipped with full air conditioning (AC). The sports facilities include a futsal field and a volleyball court, as well as a School Health Unit (UKS). This school also provides various extracurricular activities such as futsal, volleyball, basketball, scouts, Merpati Putih, vocal groups, traditional dance, and modern dance. The number of teachers at St. Petrus Medan High School is 18 people, with 5 supporting staff. In 2025, the number of students will reach 324 people.

The vision of St. Peter's High School Medan is to become an excellent institution in developing students into individuals with noble character, competence, a culture of compassion, and reflecting the profile of Pancasila students (Setyaningrum & Sugiharto, 2021)

The mission of St. Peter Private High School Medan is:

1. Integrating Pancasila values and the curriculum, both intracurricular and extracurricular, and other creative activities.
2. Implementing an innovative learning process with a student-oriented approach, utilizing information and communication technology through classroom activities and collaborative projects that encourage active student involvement.
3. Conducting various activities to improve the competence, quality of service, and skills of teachers, staff, and students through extracurricular activities, mentoring, training, or other relevant forms of activities, in order to improve the school's overall competitiveness.
4. Carrying out spiritual development activities, counseling services, and developing noble character in a sustainable manner to foster a culture of mutual love in the school environment and in community life.
5. Creating a conducive learning environment through the implementation of policies related to conflict management, strengthening cooperation, collaboration, and providing quality services.

Research result

study involved 101 respondents with the aim of describing the level of knowledge, self-control, and family support in adolescents in preventing obesity at St. Petrus High School, Medan in 2025 (Listiowati, 2024).

Knowledge of Adolescents in Obesity Prevention Respondents

Table 1. Frequency Distribution of Respondents Based on Knowledge of Adolescents in Obesity Prevention at St. Petrus High School, Medan in 2025.

Knowledge on Frequency (f) Percentage (%) of Adolescents in Prevention Obesity		
Good	24	23.8
Enough	65	64.3
Less than	12	11.9
TOTAL	101	100

Based on table 5.1, the distribution of knowledge among adolescents regarding obesity prevention, the research results show that: 24 respondents (23.8%) had good knowledge, 65 respondents (64.3%) had sufficient knowledge, and 12 respondents (11.9%) had insufficient knowledge. Most of the respondents were women and men aged 16 to 19 years.

Self-Control in Adolescents in Obesity Prevention Respondents

Table 2. Frequency Distribution of Respondents Based on Self-Control in Adolescents in Obesity Prevention at St. Petrus High School, Medan in 2025.

Self-Control on Frequency (f) Percentage (%) of Adolescents in Prevention Obesity
Low 67 66.3
Height 34 33.7
TOTAL 101 100

Based on Table 3, the distribution of self-control in adolescents in obesity prevention, the research results show that: low respondents numbered 67 respondents (66.3%), and high respondents numbered 34 respondents (33.7%). Most of the respondents were women and men aged 16 to 19 years (Herlina, Virgia, & Wardani, 2023).

Family Support for Adolescents in Preventing Obesity Respondents

Table 3. Frequency Distribution of Respondents Based on Family Support for Adolescents in Obesity Prevention at SMAS St. Petrus Medan School in 2025.

Family Support Frequency (f) Percentage (%) In Adolescents Obesity Prevention
Good 87 86.1
Not Good 14 13.9
TOTAL 101 100

Based on the distribution table of Family Support for Adolescents in Obesity Prevention, the research results show that: 87 respondents (86.1%) had good support, and 14 respondents (13.9%) had poor support. Most of the respondents were women and men aged 16 to 19 years.

Research Discussion

After conducting a study entitled "Analysis of Knowledge, Self-Control, and Family Support in Obesity Prevention in Adolescents at St. Petrus High School, Medan, in 2025," involving 101 respondents, several findings were obtained. These findings will be further explained based on the following relevant theories :

Knowledge of Adolescents in Obesity Prevention

Based on the results of research on Knowledge of Adolescents in Obesity Prevention, the research data obtained were that: good as many as 24 respondents (23.8%), sufficient as many as 65 respondents (64.3%), and insufficient as many as 12 respondents (11.9%). Most of the respondents were women and men in the age range of 16 to 19 years.

Knowledge is the result of a person's process of understanding a particular object or phenomenon. Perception is formed through the five human senses: sight, hearing, smell,

taste, and touch. In general, the majority of information humans receive comes from sight and hearing. (Anita, n.d. 2022) . Individual knowledge is generally acquired through various experiences sourced from various media, such as mass media, electronic media, guidebooks, medical personnel, posters, and even from family and close friends. This knowledge plays a crucial role in supporting people in making decisions or acting based on the information they already have (Anita, n.d. 2022).

Based on research (Riska et al., 2023) , of the 75 respondents, the majority of 11th-grade students had a high level of knowledge, namely 72 (96.0%) respondents. Meanwhile, a small number of 11th-grade students (3.4.0%) respondents had adequate knowledge.

Based on the results of research conducted by Arunisa (2022) with the title "*Nutrition Education Using Media on Knowledge in Prevention Efforts for Adolescents at MTs Al-Khaiiriyah*" , of the 40 adolescent respondents studied, 26 people had a level of nutritional knowledge in the good category, 10 people were in the sufficient category, and 4 respondents were classified as having very low knowledge (Peratama, Kusumajaya, & Agustin, 2023).

The results of the study (Moh, et.all 2023) , entitled "prevention of obesity in relation to the knowledge of adolescent girls", showed that 38 students in class VIII who were studied had good knowledge and 7 students had sufficient knowledge.

According to the researcher's assumption, adolescents' knowledge of obesity prevention was categorized as having good knowledge (24 respondents (23.8%)), sufficient knowledge (65 respondents (64.3%)), and insufficient knowledge (12 respondents (11.9%)). Most respondents were female and male between the ages of 16 and 19. This is in line with the theory (Anita, tt 2022). Knowledge is the result of an individual's understanding of a particular topic or information. Perception is formed through the five senses: sight, hearing, smell, taste, and touch, with most information received through the eyes and ears. Teenagers also need to understand simple ways to adopt a healthy diet, exercise regularly, and avoid fast food (Monalisa, Afrika, & Rahmawati, 2022).

Self-Control in Adolescents in Obesity Prevention

Based on the results of the study on Self-Control in Adolescents in Obesity Prevention, the research data obtained showed that: low respondents numbered 67 respondents (66.3%), and high respondents numbered 34 respondents (33.7%). Most of the respondents were women and men aged 16 to 19 years (Soraya, Ramayani, Siregar, & Siregar, 2019).

Self-control is a person's ability to restrain negative reactions and control behavior caused by a stimulus so that a person can make good decisions and achieve the expected results (Khoirunnia, tt 2022) .

Research conducted by Ananda et al. (2024) entitled "*Health Belief Model-Based Self-Control on Adolescent Obesity Prevention Behavior*" showed that of 126 adolescents aged 15-19 years, a significant influence of external sociodemographic factors on personal beliefs was found at 4%. In addition, a significant influence of personal beliefs on self-control was found at 88%, as well as the influence of personal beliefs on obesity prevention at 3%. The influence of self-control on obesity prevention was recorded at 4%. Sociodemographic factors, both internal and external, also influence self-control in obesity prevention behavior.

According to the research conducted by Masnurrina et al. (2021) entitled "*Self-Control Techniques to Prevent Obesity* ," self-control techniques are an approach that focuses on an individual's ability to control, direct, and regulate their own behavior when facing

problematic situations (Kusdalina, Mutia, & Jumiyati, 2022). The application of this technique to address obesity includes counseling with a self-control approach, an understanding of obesity, the basic principles of self-control, and the implementation of these techniques as strategies to address obesity issues (Putri & Makmun, 2021).

The results of research by Dyah AS (2024) entitled "*Description of Adolescent Dietary Patterns in Preventing Obesity in Students of SMA Negeri 1 Karangnongko*" showed that the average age of respondents was between 15 and 19 years. Most of the respondents were female, namely 163 people (62.6%). The diet of adolescents at SMA Negeri 1 Karangnongko was mostly included in the good category, with 132 respondents (50.7%), while 128 respondents (49.2%) were in the poor category. Thus, it can be concluded that the diet of adolescents at the school is generally classified as good (Sumiyati, Anggriyani, & Mukhsin, 2022).

Based on the research results (Dewi L, 2023) entitled "Self-Control of Food Consumption in Preventing Obesity," this study analyzes the influence of fruits and vegetables on consumption behavior. These results indicate that high school/vocational school adolescents have a high awareness of the importance of vegetables and fruit in everyday life. Consuming fruits and vegetables can provide benefits for adolescents' health in the future, such as controlling weight or obesity, as well as preventing weight or obesity, and preventing the risk of various diseases (ILAH, Marsofely, Sumiati, Andeka, & Darwis, 2021).

According to the research assumptions of the distribution of Self-Control in Adolescents in Obesity Prevention, the results of the research data showed that: low numbered 67 respondents (66.3%), and high numbered 34 respondents (33.7%). Most of the respondents were women and men aged 16 to 19 years. When conducting research on respondents about self-control in preventing obesity, respondents answered less in self-control in obesity prevention. Self-control is a person's ability to restrain negative reactions and control behavior caused by a stimulus so that a person can make good decisions and achieve the expected results (Khoirunnisa, tt 2022). Based on this description, self-control can be interpreted as the process of controlling behavior. Controlling behavior means making considerations before deciding to carry out a certain action or behavior. The higher a person's level of self-control, the greater their ability to regulate the behavior they carry out (Khoirunnisa, tt 2022).

Family Support for Adolescents in Obesity Prevention

Based on the results of research on Family Support for Adolescents in Obesity Prevention, the research data obtained showed that: 87 respondents (86.1%) were in good condition, and 14 respondents (13.9%) were in poor condition. Most of the respondents were women and men aged 16 to 19 years.

The results of Natalia P. et al.'s (2023) study, "*Obesity Prevention Behaviors in Cenderawasih University Students*," showed that the majority of respondents rarely consumed snacks (86 people) and the majority engaged in vigorous physical activity (79 people). Furthermore, family support was shown to have a significant relationship with snack consumption behavior (Rohkuswara & Syarif, 2017).

Family support is a lifelong process, varying in form and type to suit each stage of the life cycle. This support can come from immediate family members, such as spouses or siblings, or from extended family members as external support. Through this support, families can

utilize their skills and wisdom to improve family health and resilience (VIOLA, Ningsih, Darwis, Sumiati, & Patroni, 2021). Family support plays a crucial role in addressing obesity in adolescents, with families and parents serving as sources of information and discussion partners for adolescents regarding nutrition and a healthy, balanced diet (Dwinijanti & Japaries, 2021).

Based on this research conducted by Dina S in 2024 with the title "*Family Support for Adolescent Body Image at SMA X Ujungbatu, Ujungbatu District, Rokan Hulu Regency, Riau*" , which was found with a significant relationship between *self-esteem* and family support with the perception of *body image* or obesity in adolescents at SMA X Ujung Batu, which is 29.6%. This means that the higher the level of *self-esteem* and support from the family, the more positive the perception of *body image* owned by the adolescent.

Family support is crucial in preventing obesity in adolescents. Families can help by creating a health-promoting home environment, encouraging physical activity, and modeling healthy eating behaviors. Family support is also crucial in providing motivation and emotional support to adolescents as they strive to achieve their health goals.

This study was conducted by Rosmawati and colleagues in 2023 with the title "*Family Support for Obesity Prevention Behavior in Adolescents in Grades X and XI of SMA Sandikta Jatirahayu Bekasi*" , involving 97 students as respondents. The results of this study indicate that adolescents who receive poor family support are 3.759 times more likely to show low obesity prevention behavior (Yusup Kresnadi et al., 2021). Therefore, it is important for adolescents to build motivation to increase physical activity and maintain a healthy diet, with family support as an important factor in obesity prevention efforts (Riska et al., 2023). According to the research assumptions on Family Support for Adolescents in Obesity Prevention, the research results obtained data that: good as many as 87 respondents (86.1%), and less good as many as 14 respondents (13.9%). Most of the respondents were women and men aged 16 to 19 years (Patuh Padaallah et al., 2024). This result is in line with the theory (Friedman, 2010). This family support is a process that often occurs throughout the life cycle, with different characters and types of support at each stage of the cycle. This family support can be in the form of social support from within the family, such as from a husband, wife, or siblings, or support from the nuclear family as a source of external support. Through this support, families can utilize various skills

CONCLUSION

Based on the results of research on adolescents at St. Petrus High School Medan regarding knowledge, self-control, and family support in preventing obesity, researchers processed the data that had been collected directly, and concluded as follows:

1. Based on the results of research conducted on respondents, Knowledge of Adolescents in Obesity Prevention at St. Petrus High School, Medan in 2025 was categorized as good by 24 respondents (23.8%), sufficient by 65 respondents (64.3%), and lacking by 12 respondents (11.9%).
2. Based on the results of the research conducted, Self-Control in Adolescents in Obesity Prevention at St. Petrus High School, Medan in 2025, with a low category of 67 respondents (66.3%), and high 34 respondents (33.7%).

3. Based on the results of research conducted on respondents, Family Support for Adolescents in Obesity Prevention at St. Petrus High School, Medan in 2025 with a good category of 87 respondents (86.1%), and less good 14 respondents (13.9%).

Suggestion

1. For St. Peter Private High School Medan in 2025

It is hoped that teachers at St. Petrus Private High School Medan in 2025 will provide information and education regarding obesity prevention, self-control, and family support to adolescents, either through materials or discussions on attitudes in applying obesity prevention to adolescents.

2. To the students of St. Petrus Private High School Medan in 2025

Students are expected to be more proactive in seeking information about obesity prevention, self-control, and the importance of family support. With this knowledge, students are expected to develop a preventative attitude and implement preventive measures if they experience obesity problems.

3. For Further Research

It is hoped that this study can be continued by examining the same variables in different regions or contexts. Furthermore, future research is expected to provide broader information regarding obesity prevention, self-control, and the role of family support in adolescents. It is also recommended that data collection be conducted more comprehensively to strengthen the research results and conclusions.

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