

ABSTRACT

Utami, F. A. P. 2024. *The Relationship Between Frequency of Visits to Adolescent Integrated Health Services and Nutritional Status of Adolescent Girls in the Dinoyo Community Health Center Area. Politeknik Kesehatan Kemenkes Malang. Main Advisor: Dr. Kissa Bahari, S.Kep., Ns., M.Kep, Co-Advisor: Lisa Purbawaning, SKM., M.Kes.*

The issue of nutritional status among adolescent girls in Malang City remains high. This condition can potentially affect the reproductive health of adolescents before marriage. One of the factors that might be related to nutritional status is the frequency of visits to adolescent health posts (Posyandu). The aim of this research is to determine the relationship between the frequency of visits to adolescent health posts and the nutritional status of adolescent girls in the Puskesmas Dinoyo area. This study employs a correlational analytic design with a cross-sectional approach. The sample consists of 80 adolescent girls registered at the adolescent health posts in the Puskesmas Dinoyo area, selected through total sampling. Data collection was conducted using observation sheets and analyzed using the Spearman rank test. The results indicate that the majority of adolescents visited the health posts once out of six scheduled activities, and nearly half of the adolescents had a normal nutritional status. The analysis showed no significant relationship between the frequency of visits to adolescent health posts and the nutritional status of the adolescents ($r = -0.083$, $p = 0.462$). The researcher concludes that an increased number of visits to the adolescent health post activities is not followed by an improvement in the nutritional status of adolescents at the adolescent health posts in the Puskesmas Dinoyo area. The researcher recommends the importance of improving the quality of the adolescent health post programs to attract adolescents' interest in visiting.

Keywords: *Visit frequency, adolescent posyandu, adolescents, nutritional status*