

ABSTRACT

Zahra Amalia Izati Iman, 2023. *Education on Obesity Management with the 'T Model Plate' and Its Effect on Knowledge Level, Food Intake, Body Weight, and Body Fat in Obese Adolescents.* Thesis, Sarjana Terapan Gizi dan Dietetika Politeknik Kesehatan Kemenkes Malang, Advisors: Endang Widajati, SST., M.Kes., RD and Sutomo Rum Teguh K, SKM., M.Kes.

Obesity is a global health problem that has been declared a global epidemic problem by the World Health Organization (WHO) which requires immediate treatment, (Kementerian Kesehatan RI, 2018). This study aims to address the problem of obesity in adolescents by educating the application of obesity management principles using the 'T Model plate' principle and its effect on the level of knowledge, food intake, body weight, and body fat levels in obese adolescents. This study uses a quasi experimental research type, with a One-group pre-post test design. The results showed that most of the respondents who were obese, namely female (72.7%), had an effect of education on the level of knowledge (p-value 0.000). Energy (p-value 0.043), protein (p-value 0.019), carbohydrates (p-value 0.015), fiber (p-value 0.000). There was no effect of providing education on fat intake (p-value 0.997), body weight (p-value 0.242), and body fat in obese adolescents (p-value 0.059). Thus, the results of the study show that there are variables that have a significant and no significant effect. Based on the results of this study, it is expected that obese adolescents can apply obesity management with a T-style dinner plate in everyday life and maintain their food intake, especially fat intake by not eating random food and adjusting it to daily needs. Collaboration between parents, schools and health workers also needs to be done to provide support and increase awareness of adolescents regarding paying attention to the intake of nutrients consumed according to balanced nutrition guidelines and increasing physical activity as an effort to experience the problem of obesity in adolescents.

Keywords: Education, Knowledge Level, Food Intake, Body Weight, Body Fat, Obesity, Adolescents