

# Pengaturan pola makan sebagai intervensi unggulan untuk masalah obesitas pada remaja di Kelurahan Sukamajubaru Kecamatan Tapos Kota Depok = Arrangement eating pattern as superior intervention for obesity in adolescent at Kelurahan Sukamajubaru Kecamatan Tapos Kota Depok

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## Abstrak

[<b>ABSTRAK</b><br>

Peningkatan angka urbanisasi di daerah perkotaan menimbulkan banyak masalah kesehatan. Masalah kesehatan ini berdampak pada seluruh rentang usia termasuk remaja. Seorang remaja belum memiliki kemampuan untuk mengambil keputusan dan berpikir jauh ke depan. Hal ini menyebabkan remaja masuk kedalam kelompok yang rentan mengalami masalah kesehatan. Salah satu risiko masalah kesehatan yang terjadi akibat dampak dari urbanisasi adalah obesitas pada remaja. Obesitas menyebabkan terjadinya gangguan citra tubuh pada remaja. Karya ilmiah ini bertujuan untuk menggambarkan asuhan keperawatan keluarga dengan masalah obesitas pada remaja (An.I) di Kelurahan Sukamajubaru Kecamatan Tapos Kota Depok. Setelah dilakukan beberapa kali intervensi keperawatan yaitu berupa pengaturan pola makan, berat badan An.I mengalami penurunan dari 85 kg menjadi 84 kg. Penurunan berat badan ini pada akhirnya dapat mengatasi masalah gangguan citra tubuh pada An.I. Keluarga diharapkan dapat terus memberikan dukungan kepada An.I dengan tetap menerapkan pengaturan pola makan di rumah.

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<b>ABSTRACT</b><br>

Increasing of urbanization in urban areas leads to health problems. Health problems give impact to all age groups including adolescent. Adolescent didn't have ability to make a good decision and think about future. It becomes one of some reasons that adolescent is one of vulnerable group. One of health problems that occurs as impact of urbanization is obesity in adolescent. Obesity can causes alteration of body image in adolescent. The aim of this paper is to describe the family nursing care with obesity in adolescent (An.I) in Kelurahan Sukamajubaru, Kecamatan Tapos, Depok. After receiving nursing intervention in the form of arranging eating pattern, body weight of An.I decrease from 85 kg to 84 kg. Decreasing body weight can solve alteration of body image. Family is expected to give support for An.I by continued to arrange eating pattern at home. Increasing of urbanization in urban areas leads to health problems. Health problems give impact to all age groups including adolescent. Adolescent didn't have ability to make a good decision and think about future. It becomes one of

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