

**School of Nursing
Medical Faculty
Diponegoro University
Final Project, May 2010**

ABSTRACT

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The Correlation between Diet Knowledge in Reducing Weight and Diet Behavior to Reduce Body Weight among Female Teenagers in SMA N 7 Surakarta

(viii + 54 pages + 2 pictures + 4 tables + 12 appendixes)

Teenager is a stage in which acceleration of physical growth and development can be found. This stage is usually called puberty. On this stage, teenagers become more aware of their body and the adding of their body weight, especially for the girls who know that their body is increasing in the amount of fat tissues. It makes them easier to become fatter, if they consume high calories of food. Nowadays, the girls do diet for reducing their body weight. This research was aimed to know the correlation between diet knowledge in reducing weight and the diet behavior to reduce body weight among female students in SMA N 7 Surakarta. This research method was a non-experimental quantitative with cross sectional approach using chi square test. This research used simple random sampling technique, involving 179 respondents. The data were collected using questionnaires. The research showed a significant correlation between diet knowledge in reducing weight and the diet behavior to reduce body weight with p value = 0.000. For further research it is recommended to find the influencing factors in female teenagers who do unhealthy diet by a quantitative research.

Keywords: Diet Knowledge in Reducing Weight, Diet Behavior to Reduce Weight, Female Teenager

Bibliography: 34 (1980-2009)