

THE EFFECT OF NUTRITION EDUCATION WITH SOCIAL MEDIA ON CHANGES IN KNOWLEDGE AND DIET QUALITY IN OBESITY WOMEN

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ABSTRACT

Background: Obesity in women is higher than in men. Changes in women's weight loss are influenced by many factors: nutritional knowledge and the quality of a healthy diet. The provision of nutrition education can use various media such as social media, which is currently many people, especially women.

Research Methods: This study uses the literature review method by searching for journals through the Google Scholar portal with the SINTA index.

Research Result: How is the effect of nutrition education with social media such as (Instagram and Whatsapp Group) on increasing nutritional knowledge in Obese Women.

Conclusion: There is an effect of nutrition education with social media such as (Instagram and Whatsapp Group) on increasing nutritional knowledge, but not all of them can change diet quality behavior because to change diet quality requires encouragement, namely motivational interviewing and a long period of mentoring.

BACKGROUND

Obesity is a condition of abnormal or excessive fat accumulation in adipose tissue, which can be a risk to health (WHO, 2018). Based on the Basic Health Research (Riskesdas) results in 2018, the obesity rate in adults in Indonesia increased from 14.8% in 2013 to 21.8% in 2018. The prevalence of adult women > 18 years reached a percentage of 44.4% (overweight 15.1% and obesity 29.3%) while adult men >18 years with a percentage of 26.6% (12.1% overweight and obesity 14.5%) (Riskesdas, 2018). Big nutritional problems will increase the risk of degenerative diseases such as hypertension, diabetes mellitus (diabetes), gout, cholesterol, stroke, heart disease, and cancer (Adriani M et al.,).

Inadequate fulfillment of nutrients is one of the factors for obesity. This can be related to whether the quality of a person's diet is to balanced nutrition guidelines or not (KokkinosPand MyersJ, 2010). Low diet quality will affect the increase in BMI, characterized by excessive consumption of energy, sugar, and saturated fat but low consumption of grains, fruits, and vegetables (Dewi UP, 2013). Knowledge is also a factor in changing a person's behavior or habits. Therefore there is a need for nutrition education to increase knowledge so that his behavior becomes better (Perdana F et al., 2017). The provision of nutrition education can use various media such as social media, which currently many people use, especially women as much as 93.68% greater than men as much as 92.07% (Anggraini A. D, 2018) with a high level of knowledge of one's nutrition will affect attitudes and behavior in choosing food to consume (Setyawati VA V and Setyawati M, 2018). The use of social media can also increase adolescents' knowledge and positive attitudes about HIV/AIDS (Sitti Aisyah et al ., 2020). Therefore, this literature review aims to determine the effect of social media on increasing knowledge and diet quality in obese women.

MATERIAL AND METHODS

This study used a review writing method, namely a literature review. A literature review is a research material consisting of theoretical findings and research results used as material or the basis for research activities. The database used in the article search is Google Scholar, indexed by SINTA. The article was obtained through the screening stage. Screening of articles based on journals that are not paid, based on titles, abstracts, and journal contents starting from background, methods, and findings.

RESULT AND DISCUSSION

Based on Table 1 that 1 of 4 articles belonging to Khairizka Citra Palupi et al. (2021) stated that there was no effect on diet quality in obese women. There were respondents whose nutritional status was overweight with a total of 21 people and 21 obese people aged 17 -25 years, as many as 36 respondents or groups of late teens, for the other six respondents into the age group 26-35 years belonging to the early adult group. It is known that the employment status is mainly found in students who do not work, as many as 29 people. It is known that the quality of the diet before and after the intervention was still relatively low or could not be said to be good. This happened because of several factors, namely time management factors and not taking breakfast time. Physical activity shows a significant difference in physical activity scores before and after the EMPIRE nutrition education intervention. Then three articles from 4 articles stated that there was an effect of nutrition education with social media on changes in knowledge and diet quality of obese women.

In the research of Fillah Fithra Dieny et al. (2020), the effect of providing nutrition education about healthy weight loss and mentoring is by providing motivation. This is an incentive for women who are overweight and prospective husbands to change their nutritional knowledge and eating behavior or diet quality. Using social media, Instagram as a medium, it is easier for women who like to use gadgets to access them. This is in line with research from Ibnu Zaki and Hesti Permata Sari that education using Instagram media can also change the nutritional knowledge of adolescent girls with Chronic Energy Deficiency (KEK), with the results for rural areas of 94.6% and urban areas of 66.7%. (Ibn Zaki et.al 2019).

In the research of Ira Mulyani et a.,(2020). The results of this study show that educational interventions based on Instagram social media and motivational interviewing are much more effective in improving a person's cognitive compared to educational interventions with Instagram social media alone, as seen from the increase in scores in group P1 (first treatment group) which is higher than group P2 (treatment group). Second). The diet quality scores before and after remaining in a low category because changes did not occur in all components of diet quality. However, the P1 group experienced improvements in energy intake, carbohydrates, staple food intake, total fat, saturated fat, and sodium. However, there was no improvement in protein intake because the subjects reduced their fast food intakes, such as fried chicken, beef burgers, and fried chicken. They have made from meat or chicken so that it reduces fat intake. In addition to decreased protein, fiber intake also decreased because individuals were not accustomed to consuming high-fiber food sources. This is in line with research from Baiq Nurainun Apriani Idris. Et al. that using a motivational interview approach effectively reduces depression levels in post-stroke depression patients (Baiq N et al., 2018).

In the research of Olvinny Caroline Mohana et al. (2020). His research shows that respondents have confidence in dietary information obtained from social media, which is 81% of the total respondents. Furthermore, after accessing information about diet, 82% of the total respondents have a desire to go on a diet.

Table 1. Findings of the Journal of the Effect of Social Media on increasing knowledge and diet quality in obese women.

No.	Author, Year	Conclusion
1	Fillah Fithra Dieny <i>et al.</i> , (2020) (10)	Instagram social media-based nutrition education classes are effective in increasing knowledge about healthy weight loss, diet quality, total physical activity and reducing waist circumference
2.	Khairizka Citra Palupi <i>et al.</i> , (2021) (11)	Providing education on EMPIRE (Emotion and Mind Power In Relationship with Eating) with the Whatsapp media group. Shows that the intervention has an effect on increasing knowledge of physical activity in women with more nutritional status, but has no effect on increasing their diet quality scores.
3	Ira Mulyani <i>et al.</i> , (2020) (12)	nutrition education can increase knowledge of healthy weight loss and improve energy intake, carbohydrates, staple food intake, total fat, saturated fat and sodium intake in obese women of childbearing age, but not yet effective for improving fiber and protein intake.
4	Olinny Caroline Nohana, <i>et.al</i> (2020) (13)	After being given information about diet with social media, 82% of respondents have a desire to go on a diet

CONCLUSION

This literature review shows the influence of nutrition education with social media such as (Instagram and Whatsapp Group) on increasing nutritional knowledge. However, not all of them can change diet quality behavior because changing diet quality requires encouragement, namely motivational interviewing and a long enough mentoring.

SUGGESTION

Further research on changes in knowledge and diet quality of obese women can be added with approaches and motivational methods.

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