
THE PREVENTION OF OBESITY AT THE AGE OF YOUTH AND THE ASSISTANCE OF DETECTION OF OBESITY IN PERSPECTIVE LAWS OF HEALTH

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Abstract

Slowly, the Indonesian people may be used to being free from the problem of nutritional deficiencies. What happened actually entered a transition from malnutrition to excess nutrition. In fact, the problem of excess nutrition began to afflict low economic class society. That is, those with low economic levels, are not likely to suffer from chronic degenerative diseases such as the heart. Although energy and nutrient requirements are greater in adolescents than adults, there are some teenagers who eat too much more than they need to be fat. Adolescent age (10-18 years) is a period of nutritional susceptibility due to various reasons, namely first teenagers need higher nutrition because of increased physical growth. Second, there are changes in lifestyle and eating habits. Third, adolescents have special nutritional needs, for example the needs of athletes. Changing eating habits one of them occurs due to widespread globalization. Teenagers are one of the target groups who are at risk of experiencing more nutrition. More nutrition in adolescents is characterized by relatively excessive body weight when compared to the age or height of adolescent age, as a result of excessive accumulation of fat in body fat tissue. According to Law No. 36 of 2009 concerning Health explained that health efforts are any activities and / or a series of activities carried out in an integrated, integrated and sustainable manner to maintain and improve public health degrees in the form of disease prevention, health improvement, disease treatment, and health recovery by the government and / or community. Therefore it is necessary to strive to prevent obesity by means of counseling and giving obesity detection devices. The method used in this extension activity is in the form of focused discussion which begins with a lecture and then is carried out by asking questions directly. Through lectures instructors can deliver material that is important to be known and understood by students while through question and answer can complement unclear material and to help provide input on the problems faced by students about obesity. The provision of obesity detection devices is expected to help students to pay more attention to their health problems.

Keywords : Obesity, Adolescence, Health Law.

INTRODUCTION

Situation Analysis

Medan city having 204 high school over private that is in various of sub districts in medan city (<https://id.wikipedia.org>). SMA Budi Agung located in subdistrict of Medan Marelan field was one of private school in medan city. This school was on the road platinum highway by having nine classroom with 115 students. While SMA Harapan 3 located in subdistrict of Medan Johor.

Problems nutrition is problem in every country, good poor countries, the developing countries and developed countries. Poor countries tending to the issue of malnutrition associated with the disease infection and developed countries tending to the issue of nutrition more associated with the disease degenerative, as the heart. While in developing countries like indonesia, have a problem nutrition double problem is an integrated undernourished and problem nutrition more (Soekirman ,2000). One of the problems nutrition more are obesity arising because of excess consumption of foods originates from food high energy sources, as carbohydrate and fat, without followed activity enough (Wirakusumah, 1994).

Obesity commonly called in a language other than lay out as fatness or the weight of the body who waste by as a result of stockpiling fat on the body of that is exaggerated. This problem was forcing almost around the world under the rates the prevalence of the increasing, the supreme good in which the state of an advanced state of on the great commission nor developing countries in the world, and Indonesia is no exception (Depkes Poltekkes, 2010) .Obesity is defined as fatness or excess of weight. Cover the energy needs and astringent a nutrient substance be in the low teens larger if a comparison is made with the needs of the grown to maturity and become. This is because a teenager a lot more consume and adolescence is a period of growth which is very fast (Mitayani & sartika, 2010) .

Obesity not only have good pairs, but is dilemma health terrible. Obesity directly endangers the health someone (Proverawati, 2010). According to virgianto (2005) increase of prosperity in community which followed by increased education will be changing life style and food consumption pattern of a pattern eat traditional to food consumption pattern mobile food and instant which could result in the quality of nutrition which is imbalance. The diet if not consumed rational easy cause surfeit input calories that will lead to obesity.

Rates the prevalence of health services post nutritional supplements more (overweight and obesity) all over the world slipped to only their second the current trend that kept rising throughout the day in sort of about 30 of the last five years. One of a group of a life that is risking health services post nutritional supplements more are the teen age group. The results of riskesdas 2010 it is stated that rates the prevalence of obesity in adolescents (more than 15 years) in indonesia has achieved 19,1 %. Problems that had occurred perilaku hidup bersih appeared to be an of a social issue that are faced by this village. The results of monitoring activities a team to conduct field PPM USU shows that on the whole the community has not been indicate which behaviors hidup bersih dan sehat. Are also reflected in the condition of the house and yards residents who could be classified as dirty with clean up the trash that spread without serious treatment. To lack of awareness of results in communities not throwing garbage in the place of full their just due and prefer to throw garbage in random places to put. Rates the prevalence of health services post nutritional supplements more relatively higher in adolescents women as there in teen laki-laki (women of 1,5 % , men of 1,3 %). Based on the place of residence, prevalence of nutrition more in adolescents in urban areas higher of rustic (urban 1.8 % , building in rural 0.9 %) (Aini, 2012).

The cause of obesity beranekaragam.According to Mu'tadin (2002) there are several factors founder of obesity, of them are genetic factors, diet excess, lacking activity, emotion, and environment (Depkes Poltekkes,2010). Nutrition more in adolescents should be improved, for nutrition more that

emerged in early adolescence tending to continue to adult and elderly. While nutrition more itself is one of the factors risk degenerative diseases, as of cardiovascular diseases, diabetes mellitus, some types of cancers, and forth (Oktaviani, et al.2012).

Another impact that can arise in someone who is obese is the inability to accept his condition, it is likely to have a negative perception that is assuming he feels there is a lack. Because they feel there is a lack in themselves, it causes adolescents to feel inferior or lack of confidence (lack of self-confidence) in association. They will withdraw, limit themselves from activities with groups, fear of being ridiculed, insulted, or laughing at their peers. According to Erikson they will find it difficult to adjust themselves to the social environment, difficult to achieve self-identity maturity (the maturity of self-identity)

Nutritional problems in adolescents if they are not prevented will affect the quality of society in the future, so information needs to be sought on nutrition issues among adolescents, especially high school students about risk factors for over nutrition so that these risk factors can be identified as early as possible and can be prevented properly

According to Law No. 36 of 2009 concerning Health is explained that health efforts are every activity and / or series of activities carried out in an integrated, integrated and sustainable manner to maintain and improve community health status in the form of disease prevention, health improvement, disease treatment and health recovery by the government and / or society.

That based on the matters described above it is deemed necessary to provide integrated and directed information to students in the form of prevention of obesity in adolescence and the aid of obesity detection tools in the perspective of health law.

Partner Problems

The partners in this service are high school students (SMA BUDI AGUNG MEDAN and SMA HARAPAN 3 MEDAN), located in urban areas, which have quite dense learning activities so that students have a large enough opportunity

to eat out home, unbalanced diet and the number of sellers of snacks in the canteen and in front of the school make it easier for students to consume unhealthy foods that might trigger obesity. This is due to lack of understanding and information about obesity. And the number of students who do not understand about the dangers of obesity to him both in the family environment and school environment. As explained as for the problems that will be discussed include:

1. What are students' insights and understanding of obesity prevention efforts?
2. What is the knowledge of students about health law?
3. How is the solution to the problem of health problems related to obesity in high school?

METHOD OF ACTIVITIES

Based on the identification of problems that have been done at the location of the community service program, the conclusion is that there are several problems currently faced by high school students, especially about obesity. Problems regarding obesity occur because of changes in lifestyle, diet and trends that are adjusted to the developing age so that students do not pay attention to health problems, besides that students also have quite dense learning activities that have a considerable opportunity to eating outside the home results in an unbalanced diet and also many snack food sellers in the canteen and outside the school which makes it easy for students to eat unhealthy foods. This happens because of the lack of awareness and knowledge of students about obesity. For this reason counseling about obesity needs to be carried out, which in turn needs to be given assistance to detect obesity so that students are aware of the problem of

obesity. The method used in this counseling activity is in the form of a direct discussion which begins with a lecture then conducted with direct question and answer. Through lecturers the instructor can convey the material that is important to be known and understood by students while through question and answer can complete the material that is not yet clear and to help provide input on the problems faced by students about obesity.

RESULTS OF ACTIVITIES

Implementation of Service Activities

Giving counseling to adolescents is done to increase the participation of adolescents in the prevention of obesity and add insight and understanding of the dangers of obesity. This activity was carried out in 2 (two) high schools namely Budi Agung High School and Medan Harapan 3 High School.

This health law counseling activity is carried out through direct discussion which begins with a lecture then continues with question and answer directly to adolescents regarding obesity to increase the insights and knowledge of adolescents about the dangers of obesity and how to prevent it and their knowledge of health law.

Obesity counseling can increase adolescent knowledge about hazards and prevention of obesity and can be the basis for forming attitudes and can also encourage adolescent interest or motivation (Fallen and Budi, 2011). For the realization of an attitude to become an action, another factor is needed, namely motivation. Motivation is a feeling or thought that can encourage someone to do something (Nursalam, 2014). Motivation is a need or desire for an object, then how to connect between the need and the situation outside the object in order to meet the intended needs. Motivation is a reason for someone to act in order to fulfill their needs (Notoatmodjo, 2014). Counseling is very important in increasing the motivation to prevent obesity in adolescents in both schools.

This obesity counseling activity begins with the preparatory phase, namely administration administration including determining the schedule of counseling in each school which is then followed by the implementation phase. The extension activities were carried out in both schools, namely Budi Agung High School located on the Platina Raya Marelán road and Harapan 3 High School located on Karya Wisata Ujung Deli Tua street during recess so as not to interfere with teaching and learning activities in both schools.

In accordance with the predetermined schedule, each teacher prepares the place and calls the designated students who will participate in this activity. The counseling participants consisted of second grade students. The event began with the smabutan word from the teacher representing the Principal followed by the introduction of the Teens Obesity Prevention counseling team and the Obesity Detection Tool Aid in a Legal perspective from the Faculty of Law, University of North Sumatra by the Team Leader as well as a background explanation of this activity. In his remarks the homeroom teacher greatly appreciated this obesity prevention counseling activity because so far the students did not know in full about the dangers of obesity to the health and activities of these students. The homeroom teacher also asks the students to take part in this counseling activity well so that students get knowledge about the dangers and ways to prevent obesity. The event was then continued with the delivery of material by resource persons led by moderators.

At the time this activity was carried out the counseling participants were very enthusiastic in following the course of this activity. This is seen by the number of questions posed by students as counseling participants. The questions asked by the participants, the service team tried to provide a thorough explanation so that the participants understood and were satisfied with the answers and explanations given. The counseling activity was closed by providing a package of obesity detection devices in the form of scales, fat level measuring instruments, LILA measuring instruments, height measuring instruments and

body mass index measuring devices that students can use to see the condition of the body so that it can prevent obesity. The provision of the obesity detector package was received directly by each Principal to be used properly by the school in order to prevent the occurrence of obesity in the school students.

Activity Analysis

Looking at the purpose and benefits of this counseling activity, which is to increase insight and understanding and knowledge of students in understanding the dangers and ways to prevent obesity and how to detect obesity early on, the implementation of counseling activities is quite successful. This can be seen from the responses of the counseling participants who were very enthusiastic in asking questions in the Question and Answer session on counseling material that was poorly understood. In addition, the school also requested that on another occasion the counseling team from USU's Faculty of Law / LPPM to come back give advice about other diseases prevention.

Extension material that has been prepared in the form of power point slides and also given a pocket book containing obesity, the dangers of obesity and prevention of obesity so that it can be read and notified again to other students so that the benefits can be wider to students others who do not have the opportunity to attend this extension program and can understand and learn it well.

Driving factors and Inhibiting factors

Driving factors

As for the motivating factor in this extension activity is the collaboration provided by the school. The school represented by the homeroom instructs students to be present at the place the school has provided to attend this counseling. The students as participants of this counseling seemed enthusiastic in giving questions so that their curiosity enabled them to

have a deeper understanding of the prevention of obesity, so that the extension activities needed to be continued in the future as the realization of the Tri Dharma of Higher Education .

Inhibiting factors

Every implementation of the activity is always found obstacles, as well as in the implementation of this extension activity there are several obstacles related to time constraints. There are difficulties in presenting larger numbers of extension participants due to limited space.

CONCLUSIONS AND SUGGESTION

Conclusion

Based on counseling that has been carried out on students at SMA BUDI AGUNG and SMA Harapan 3, it can be concluded that:

1. Students in both schools, namely SMA BUDI AGUNG and SMA HARAPAN 3, are increasingly understanding and understanding about obesity, the impact of obesity and prevention of obesity, so far students have little understanding about obesity.
2. Students in both schools do not understand about health law so that through this counseling students add knowledge about the existence and importance of health law.
3. Through counseling efforts to prevent obesity in both high schools it is hoped that it can be a solution that can help the school in overcoming problems of health problems related to obesity.

Suggestion

Based on counseling that has been carried out on students at SMA BUDI AGUNG and SMA Harapan 3, there are some suggestions, namely:

1. Students who have received counseling for

prevention of obesity should be able to provide information to other students about the dangers, impacts and prevention efforts for obesity.

2. For schools, they can give time and place to students who have received counseling material so that they can be disseminated to other students.

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