

## BIODATA PENELITI



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TAHUN ▾



[C] **Faktor-faktor** yang **berhubungan** dengan **konsumsi buah** dan **sayur** pada anak sekolah dasar

WK Putra - 2016 - Universitas Negeri Semarang

☆ Dirujuk 5 kali Artikel terkait ⇨⇨

Preferensi (Kesukaan), [PDF] adil  
Pengetahuan Gizi Dan  
Pengaruh **Teman Sebaya** Dengan  
**Konsumsi Buah Dan Sayur** Pada Remaja

A Sholehah, DR Andrias... - Adi Husada Nursing ..., 2016 - adihusada.ac.id

... dapat dikatakan bahwa tujuan pemilihan makanan berdasarkan penerimaan **teman sebayanya**, termasuk **buah** ... pengetahuan gizi dan besarnya uang saku tidak ada **hubungan** yang bermakna ... siswa yang memiliki pengetahuan gizi kurang, pengaruh **teman sebaya** kurang dan ...

☆ Dirujuk 4 kali Artikel terkait ⇨⇨



☆ Dirujuk 13 kali Artikel terkait ⇨

## HUBUNGAN ANTARA PENGETAHUAN DAN KETERSEDIAAN BUAH DAN SAYUR DENGAN KONSUMSI BUAH DAN SAYUR PADA REMAJA DI KOLONGAN ATAS ...

[PDF] uns

NVD Nay, JAM Rattu, [H Adam](#) - KESMAS, 2020 - [ejournal.unsrat.ac.id](http://ejournal.unsrat.ac.id)

Konsumsi **buah** dan **sayur** adalah salah satu pesan penting dalam pedoman gizi seimbang agar menuju masyarakat hidup sehat. Untuk mengubah pola pikir yang ada pada masyarakat agar memiliki paradigma sehat, pemerintah Indonesia melakukan upaya ...

☆ Artikel terkait ⇨

## Faktor yang berhubungan dengan perilaku konsumsi buah dan sayur siswa SMP di Denpasar

[HTML] ur

BN Rachman, [IG Mustika...](#) - Jurnal Gizi Indonesia ..., 2017 - [ejournal.undip.ac.id](http://ejournal.undip.ac.id)

... Faktor yang berhubungan dengan perilaku konsumsi **buah** dan **sayur** siswa SMP di Denpasar ... Faktor yang berhubungan dengan perilaku konsumsi **buah** dan **sayur** siswa SMP di Denpasar. Jurnal Gizi Indonesia (The Indonesian Journal of Nutrition), 6(1), 9-16 ...

☆ Dirujuk 49 kali Artikel terkait ⇨

**HUBUNGAN TINGKAT PENGETAHUAN GIZI DENGAN POLA KONSUMSI SAYUR DAN BUAH PADA MAHASISWA JURUSAN GIZI POLTEKKES KEMENKES ...** [PDF] poli

P Novita Rizki Padila - 2020 - repository.poltekkes-kdi.ac.id

... selain itu, **pengetahuan gizi** dapat meningkatkan kemampuan seseorang dalam menerapkan **pengetahuan gizinya** dalam memilih maupun mengolah bahan makanan sehingga kebutuhan **gizi** tercukupi ...  
Tidak terdapat **hubungan** antara **pengetahuan gizi** dengan jenis ...

☆ Artikel terkait 

**Family influence on children's nutrition and physical activity patterns in Oman** [PDF] res

B Al Yazeedi, DC Berry, J Crandell, M Waly - Journal of Pediatric Nursing, 2021 - Elsevier

Purpose The objective of this study is to expand the understanding of the family influence on children's nutrition and physical activity patterns in Oman. Design and methods A cross-sectional research design was used in this study. We recruited 204 dyads (a mother with a ...

☆ Dirujuk 6 kali Artikel terkait 

**Eating breakfast, fruit and vegetable intake and their relation with happiness in college students** [PDF] res

[A Lesani, A Mohammadpoorasi, M Javadi...](#) - **Eating and weight ...**, 2016 - Springer

Purpose Nutrition plays a major role in physical and mental health. The aim of this study was to evaluate the relationships between happiness and fruit and vegetable intake as well as eating breakfast in students. Methods In this cross-sectional web-based study, all students of ...

☆ Dirujuk 82 kali Artikel terkait ⇨⇨

**The influence of peers' and siblings' on children's and adolescents' healthy eating behavior. A systematic literature review** [HTML] sc

[T Ragelienė, A Grønhøj](#) - **Appetite**, 2020 - Elsevier

Objective Peers and siblings are considered an important influence on children's and adolescents' food choice. However, there is a lack of studies examining how peer and sibling impact is related to children's and adolescents' eating behavior. The purpose of this ...

☆ Dirujuk 24 kali Artikel terkait ⇨⇨

Badraningsih, L. (2016). Kebiasaan **Konsumsi** Makanan Cepat Saji ...

☆ Dirujuk 1 kali Artikel terkait ⇨⇨

## **Hubungan Pengetahuan dengan Kebiasaan **Konsumsi** Makanan Cepat Saji (**Fast Food**) pada Siswa-Siswi Kelas XI di **SMA Negeri Samarinda**** [PDF] um

D Ariyana, NWW Asthiningsih - Borneo Student Research (BSR), 2020 - journals.umkt.ac.id

... sebanyak 215 orang (69,1%). Hal Ini menunjukkan bahwa uang saku ada **hubungannya** dengan frekuensi ... IV dapat diambil menjadi kesimpulan yaitu yang berkaitan dengan penelitian tentang **Hubungan Pengetahuan Dengan Kebiasaan **Konsumsi** Makanan Cepat ...**

☆ Dirujuk 1 kali Artikel terkait ⇨⇨

## **HUBUNGAN PERAN TEMAN SEBAYA DENGAN PERILAKU KONSUMSI BUAH DAN SAYUR PADA REMAJA AWAL DI SMP NEGERI 1 NGLIPAR GUNUNGKIDUL ...** [PDF] unj

DD Aryani - 2016 - repository.unjaya.ac.id

... cenderung ikut-ikutan dengan kebiasaan makan **teman sebayanya**. Berdasarkan ... mengenai gambaran sesungguhnya tentang kecenderungan makan **buah** dan **sayur** dan mengenai **hubungan** peran **teman sebaya** dengan **perilaku konsumsi buah** dan ...

★ Artikel terkait ⇨⇨

### Eating breakfast, fruit and vegetable intake and their relation with happiness in college students

Ainash Lousari<sup>a,\*</sup>, Aqsha Muhammadnasir<sup>a,b</sup>, Maryam Jawadi<sup>a,c</sup>,  
Jabir Mohamed Ezzah<sup>a</sup>, Ali Fakhari<sup>a</sup>

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© Springer International Publishing Switzerland 2020

**Abstract**  
Purpose: Nutrition plays a major role in physical and mental health. The aim of this study was to evaluate the relationship between happiness and fruit and vegetable intake as well as eating breakfast in students. Methods: In this cross-sectional web-based study, all students of Quorn University of Medical Sciences in Iran who attended classes during a semester were invited to participate in the study. Five hundred forty-one students filled out the web-based questionnaire which included questions related to measurement of happiness, breakfast, fruit and vegetable consumption, and socio-economic and demographic information. Analysis of covariance was used to assess the relationship between happiness and breakfast, fruit and vegetable consumption by adjusting for covariates. Results: Measure of happiness was positively associated with eating breakfast, number of meals eaten daily and the amount of fruit and vegetable consumption (P values were <0.001, 0.000, 0.02, and 0.045 respectively). Students who ate breakfast every day, more than 8 servings of fruit and vegetables daily, and had 3 meals in addition to 1–2 snacks per day had the highest happiness score. Conclusion: Healthier behavior pattern was associated with higher happiness scores among medical students.

**Keywords:** Happiness · Breakfast · Fruit and vegetable · Nutrition · Life satisfaction · Diet

**Introduction**  
During the recent decades, happiness and psychological wellbeing have been among the most attractive issues for researchers in the fields of social sciences [1] and health [2]. It is widely acknowledged that psychological factors may play an important role in physical performance and mental health positively affects physical wellbeing [3]. According to the World Health Organization (WHO), health is a state of general physical, psychological and social wellbeing [4]. Happiness can predict longevity among healthy people though this is not true for those who are sick. While happiness cannot, *per se*, prevent disease, it may protect people against becoming sick. In other words, happiness strongly affects longevity by healthy population. The size of effect is comparable to being a smoker or not [5].

### Family influence on children's nutrition and physical activity patterns in Oman

Basma Al Yareedi<sup>a,\*</sup>, Diane C. Berry<sup>b</sup>, Jamie Crandell<sup>b</sup>, Mostafa Waly<sup>a</sup>

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<sup>b</sup> The University of North Carolina at Chapel Hill, Campus Box 7400, Chapel Hill, North Carolina 27599-7400, United States of America

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#### ABSTRACT

**Purpose:** The objective of this study is to present the understanding of the family influence on children's nutrition and physical activity patterns in Oman. **Design and methods:** A cross-sectional survey design was used in this study. We recruited 204 dyads (a mother with a child) conveniently. Research data were collected in public cyclone schools, summer centers, community centers, and home visits from the provinces in Oman. Study measures included a parent self-report survey, anthropometric measurements, electronic children and family nutrition and physical activity questionnaires, and a single-day activity recall for children. **Results:** Education, family income, and maternal education were associated with children's physical activity patterns. Family income and physical activity patterns were associated with maternal BMI and parental education level. **Conclusions:** Children's nutrition and physical activity patterns are associated with maternal BMI, family's socioeconomic characteristics, and family nutrition and physical activity patterns. **Practical implications:** Family is a key element in shaping and influencing children's health-related behaviors. School health programs that actively involve the families hold promise in promoting children's nutrition and physical activity patterns. Future research should be directed toward localizing the underlying and modifying factors.

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#### Introduction

Children's nutrition and physical activity behavior are essential to health. Healthy nutrition and physical activity behavior help maintain a balance between energy intake and energy expenditure and, consequently, healthy body functioning. Individuals take in energy in the form of carbohydrates, proteins, and fats and expend energy in the form of basal metabolic rate (BMR), physical activity, and metabolic response to food. (Food, 2001; Hill, Wyatt, & Peters, 2012; Westwater, 2013). The amount of energy in food (expressed in kilocalories) is measured with the "physical activity" unit. One gram of protein and carbohydrate equals four calories, while one gram of fat equals nine calories. (Nestle & Hotelling, 2012). According to the 2015–2020 dietary guidelines for Americans, children during middle childhood age (i.e., 5–10 years) require an estimated amount of 2200 to 2800 cal per day based on their age, gender, and activity level. BMR represents the most significant part of energy

expenditure (70%), followed by physical activity. The recommended energy expenditure from physical activity ranges between 60 and 80 kg for children. (Pruett, 2013)

The choice of practice in healthy or non-healthy nutrition on physical activity behavior impact the child's growth, development, and the risk for many comorbidities, including obesity, cardiovascular disease, and obesity (Harper, Tami, Weinstock, & Westwater, 2017). Childhood obesity is becoming a health concern in Oman. The trend is changing from underweight to overweight, and the statistics indicate already rising in childhood obesity rates. In the period between 2004 and 2008, the rate of overweight among seventh-grade children (i.e., 12 years) in Oman increased from 2.8% to 9.2% (Ministry of Health O, 2004; Ministry of Health O, 2018)

Children's nutrition and physical activity behaviors are associated with many factors. Davison and Birch (2001) Ecological Model of Childhood Overweight Predicts individual (i.e., age, gender), familial, and social risk factors to children's nutrition and physical activity behaviors. Davison & Birch (2001) and Davison & Birch (2001) At home, parents' dietary practices and activity patterns shape

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Research for this article as: B. Al Yareedi, D.C. Berry, J. Crandell, et al., Family influence on children's nutrition and physical activity patterns in Oman, Journal of Pediatric Nursing, <https://doi.org/10.1016/j.pedn.2020.04.001>

### The influence of peers' and siblings' on children's and adolescents' healthy eating behavior. A systematic literature review

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#### ARTICLE INFO

Keywords:  
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Healthy eating  
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Siblings  
Social influence  
Social norms

#### ABSTRACT

**Objective:** Peers and siblings are considered an important influence on children's and adolescents' food choices. However, there is a lack of studies examining how peers and sibling impact is related to children's and adolescents' eating behavior. The purpose of this study was to analyze peers' and siblings' impact on children's and adolescents' healthy eating behavior identified from a literature review, summarize the results, and discuss potential social factors that may underlie these associations. **Method:** A systematic literature review. **Results:** Findings of the systematic literature review show that peers, and to a lesser extent siblings influence on children's and adolescents' healthy eating behavior were often to improve their positive, although in some studies, no significant effect was found. However, empirical research of which social factors related to social interactions with siblings and peers may explain and predict peers' and siblings' influence on children's and adolescents' healthy eating behavior is limited. **Conclusions:** Peer influence on children's and adolescents' healthy eating behavior often found to be negative. In the future, it is suggested to investigate and non-intentional social norms. However, to improve their influence can also be a positive one, and there is a need to find effective ways of how it could be used in promoting healthy eating behavior of children and adolescents. Further exploring sibling impact on children's and adolescents' eating behavior are needed. In addition, factors related to social interactions that may explain peers' and siblings' influence on children's and adolescents' healthy eating behavior are suggested. Therefore, more research in this area is needed.

#### 1. Introduction

Childhood overweight and obesity and related negative health outcomes continue to be a major societal problem. The number of overweight and obese children and adolescents (aged 5 to 19 years) worldwide has been rising in the past few decades. In current trends continue, by 2025 more children and adolescents will be obese than moderately or severely underweight (Guthrie, 2017). Previous studies have shown that childhood obesity is associated with an increased likelihood of premature death and disability in adulthood (Lepore, Baines, Frederick, & Mckinnon, 2016; Schwan, 2013) and increases to these future risks, these children are more prone to experiencing breathing difficulties, have higher risk of fractures and hypertension, and early markers of cardiovascular disease, insulin resistance as well as to suffer from the psychological effects of being overweight (Chubb, 2006; Schwan, 2013).

Overweight and obesity in children and adolescents often relate to an unhealthy diet and sedentary lifestyle (Guthrie, B. Frederick, 2016, p. 11). In addition, there is a need to find effective ways of how it could be used in promoting healthy eating behavior of children and adolescents. Further exploring sibling impact on children's and adolescents' eating behavior are needed. In addition, factors related to social interactions that may explain peers' and siblings' influence on children's and adolescents' healthy eating behavior are suggested. Therefore, more research in this area is needed.

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0195-6663/© 2020 The Authors. Published by Elsevier Inc. This is an open access article under the CC BY-NC-ND license (<http://creativecommons.org/licenses/by-nc-nd/4.0/>).

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Overweight, obesity, as well as many non-communicable diseases, may be prevented through lifestyle changes, particularly in following a diet that limits the energy intake of total fat and sugars and which increases the consumption of fruit and vegetables as well as legumes and cereals (Chubb, 2006; Schwan, 2013). Healthy food habits include regular consumption of fruit and vegetables (Cain, 2006; Crandell, 2013), and healthy eating behavior can be defined as "eating practices and behaviors that are consistent with improving, maintaining and/or enhancing health" (Chubb, 2006; Schwan, 2013). Following a healthy diet generally implies an intake high in vegetables and fruit and low in fat, sugar, and salt as well as assistance and balance in the composition (Liu, Hecker, Young, Davis, Anderson, & Gillman, 2019). To control the spread of

decision-making in the microsystem level are peers (Frederick, 1977; Frederick & Martin, 2003). This study will explore the latest research done in this area and summarize their results to answer the question of what kind of influence, if any, peers and siblings have on children's and adolescents' healthy eating behavior.

#### 1.1. Importance of peers for the eating behavior of children and adolescents

Peers become increasingly important in late childhood and pre-adolescence (Cain, 2006; Crandell, 2013; Schwan, 2013; Taylor, 2013). Peer relationships have great social and emotional importance and have a capacity to guide individuals on different topics

## SURAT PERNYATAAN

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Saya yang bertanda tangan dibawah ini

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Prodi : D3 Keperawatan

Judul KTI : HUBUNGAN PERAN TEMAN SEBAYA DENGAN PERILAKU  
KONSUMSI BUAH DAN SAYUR PADA ANAK USIA 10-14  
TAHUN

Dengan ini saya menyatakan bahwa saya menggunakan metode literature review. Demikian permohonan yang saya sampaikan atas perhatiannya saya ucapkan terima kasih.

Wassalamualaikum Wr. Wb.

Samarinda, 24 Juli 2021

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**Mengetahui :**

**Ketua Prodi D3 Keperawatan**

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Pembimbing : Ns. Alfi Ari Fakhrur Rizal, M.Kep

| No | Tanggal     | Konsultasi  | Hasil Konsultasi   | Paraf   |
|----|-------------|---|--|---|
| 1  | 11/Feb/2021 | Konsul judul KTI menggunakan via whatsApp           | Melanjutkan penulisa KTI bab 1   |    |
| 2  | 22/Feb/2021 | Konsultasi Bab 1                                    | Memberikan pengarahan mengenai latar belakang, rumusan masalh dan tujuan |  |
| 3  | 4/Mar/2021  | Menanyakan Konsep Literature Review via Google Meet | Menjelaskan mengenai kerangka teori                                      |  |
| 4  | 6/Mar/2021  | Konsultasi 10 jurnal yang akan di review            | Jurnal masih ada yg kurang   |  |

|   |             |  |  |   |
|---|-------------|--|--|---|
| 5 | 25/Mar/2021 | Konsultasi ke 2 dari 10 Jurnal yang akan di review | Jurnal di ACC  |    |
| 6 | 9/Mei/2021  | Konsultasi Bab 1 dan 2 via whatsapp                | Ditambahkan lagi tinjauan tentang konsumsi buah dan sayur pada Bab 2   |    |
| 7 | 29/Mei/2021 | Revisi Bab 1 dan 2 via whatsapp                    | Lanjutkan ke Bab berikutnya  |   |
| 8 | 3/Juni/2021 | Konsultasi Bab 1,2,3                               | Lanjutkan ke Bab berikutnya  |  |
| 9 | 8/Juni/2021 | Konsultasi Bab 4                                   | Kesimpulan dan analisa jurnal di atas belum ada opini terkait dengan hasil kesimpulan yang ditunjang dengan teori juga belum dicantumkan |  |

|    |              |                               |   |   |
|----|--------------|-------------------------------|---|---|
| 10 | 12/Juni/2021 | Konsultasi Revisi Bab 4       | Asumsi dan opini terkait dengan hasil kesimpulan belum ada silahkan ditambahkan |    |
| 11 | 13/Juni/2021 | Konsultasi Bab 4 dan 5        | Kesimpulan terkait masalah  |    |
| 12 | 13/Juni/2021 | Konsultasi Revisi Bab 4 dan 5 | Sesuai dengan format di panduan   |  |

# Hubungan Peran Teman Sebaya dengan Perilaku Konsumsi Buah dan Sayur Pada Anak Usia 10-14 Tahun

*by Aldi Gunawan*

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## Hubungan Peran Teman Sebaya dengan Perilaku Konsumsi Buah dan Sayur Pada Anak Usia 10-14 Tahun

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