ABSTRACT

Adolescents tend to be consumptive in terms of consuming food that can stimulate appetite and high level of glucose. That kind of food could be the risk factor for developing diabetes mellitus, especially for adolescents who are the children of parents with diabetes mellitus. Children of parents with diabetes mellitus have greater risk of diabetes mellitus due to genetic factors. The aim of this study was to discover the differences of level of knowledge, eating habit, and nutritional status between adolescents whose parents have and do not have diabetes mellitus.

This study used observational analysis with cross-sectional approach as the method. The sample of this study was 42 adolescents who live around Puskesmas Putat Jaya and met some criteria as follows: aged 17-19 years old, children of parents with diabetes mellitus, and children of parents without diabetes mellitus. The collected data were characteristics of the adolescents, level of knowledge, eating habits which were measured using Food Recall Questionnaire, the weight of the adolescents which was measured using digital scale, and the height of the adolescents with was measured using microtoise.

The result showed that there was knowledge and nutritional status difference between adolescents who are the children of parents with and without diabetes mellitus. There were no differences in type, quantity, and level of food consumption between adolescents whose parents have and do not have diabetes mellitus.

In addition to genetic and environmental factors, there are some other factors that affect adolescents eating habit. Although eating habit and level of consumption between adolescents who are the children of parents with and without diabetes mellitus are the same, however, those factors need to be taken into account in order to avoid diabetes mellitus as early as possible, especially for adolescent whose parents have diabetes mellitus because their BMIs, mostly, show that they are overweight.

Keywords: eating habits, adolescent, genetic factors, diabetes mellitus