

## ABSTRACT

Adolescent is a transition period of the faster growth of children to be adult in short periods, and so they facing problems in the development that psyche. In a premature stage of development, teens face a complex nutrition problems. Model of Story and Alton 1996 stated that food habits which bio-psycho-social factor was influenced nutritional status of adolescent. They are integrated by individual and incorporated through life style indirectly affect nutritional status. Recently in Indonesia no available research data show serious problems of nutrition status among teens, and how multi-factor bio-psycho-social is influenced nutritional status of early adolescents. Based on concept energy balanced between food habit and activity, this research is intended to analyze nutritional status of early adolescent, mechanism of bio-psycho-social factor influenced the nutritional status. It was carried out for 5 months in 1998 using cohort prospective method and 132 sample unit 12-14 years old (49 boys and 83 girls), of three favorites secondary schools (SMP) which were randomly selected of social-economy strata in the center area of Surabaya, the sample were measured by open questionnaire (dietetic history, social and psychology), an anthropometry measured every month, amount of food consumption by 2 days of 24 hour's dietary recall, and food frequency since the second month of the research. Nutritional status was analyzed by BMI for age. The data was analyzed by Confirmatory Factor Analysis to find out which variables were dominant in each factor e.g. psychology, biology, social and knowledge and then followed by Path analysis to find out what factor influenced nutritional status. The research found out that a model nutritional status in early adolescent was different which Story Alton models. Nutritional status in early adolescent was negative balanced energy as direct factor of energy expenditure and food consumption. Indirect factor of nutritional status consist of food habit and activities. Food habit was found only influenced by psychological factors. Activity was found that influenced by nutrition knowledge and bio-psycho-social factors which psychological factor that dominant one. Psychological factor was found out to be composed of variables of a conflicted psyche, self esteem and body image. The factor of knowledge only consists of variable nutrition knowledge. The factor of biology consists of variables "z score" of height for age and health status. The factor social consists of variables of value of foods, trend of mode and a pocket money. The psychology factor serve as predictor of nutrition problem of early adolescent. Counseling programs of developing psychology and growth should be hold in a school, and set up curriculum of nutrition education and healthy food practice in a canteen school.

*Key word* : early adolescent, nutritional status , bio-psycho-social model

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