

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN

Skripsi, Juni 2026
Khoynunnisa

Hubungan Literasi Nutrisi dengan *Self-Care Management* dalam Upaya Pencegahan Obesitas pada Siswa SMA Bima Ambulu Jember

xix + 114 Halaman + 3 Bagan + 15 Tabel + 4 Gambar + 22 Lampiran

Abstrak

Pendahuluan: *Self-care management* merupakan kemampuan individu dalam mengelola diri untuk menjaga dan meningkatkan kesehatan secara mandiri, meliputi pengaturan pola makan, aktivitas fisik, *self-monitoring*, pengambilan keputusan sehat, dan self-edukasi kesehatan. Kemampuan ini sangat dipengaruhi oleh literasi nutrisi, yaitu kemampuan memperoleh, memahami, dan menggunakan informasi gizi sebagai dasar pengambilan keputusan terkait perilaku hidup sehat. Remaja yang memiliki literasi nutrisi baik cenderung lebih mampu menerapkan perilaku *self-care management* secara konsisten dalam kehidupan sehari-hari.

Metode: Penelitian ini menggunakan desain korelatif dengan pendekatan *cross-sectional*. Populasi penelitian berjumlah 323 siswa kelas XI SMA Bima Ambulu Jember. Sampel sebanyak 179 responden dipilih menggunakan teknik *simple random sampling*. Data dikumpulkan melalui kuesioner literasi nutrisi dan *self-care management* yang telah melewati proses uji validitas dan reliabilitas sebelum digunakan. Hubungan anatarvariabel dianalisis dengan menggunakan uji *Spearman's Rho*.

Hasil: Hasil penelitian menunjukkan terdapat hubungan yang signifikan antara literasi nutrisi dengan *self-care management* pada siswa SMA Bima Ambulu Jember, dengan nilai $p\text{-value} = 0,001 (<0,05)$ dan koefisien korelasi $r = 0,861$ yang menunjukkan kekuatan korelasi sangat kuat dengan arah hubungan positif.

Analisis: Hubungan yang sangat kuat dan positif ini mengindikasikan bahwa literasi nutrisi merupakan faktor penting yang dapat meningkatkan kemampuan *self-care management* remaja, sehingga literasi nutrisi dapat dijadikan sasaran intervensi dalam upaya meningkatkan kemandirian remaja menjaga kesehatannya.

Diskusi: Literasi nutrisi berperan penting dalam membentuk kesadaran serta kemampuan remaja melakukan perawatan diri secara mandiri, sehingga peningkatan literasi nutrisi dapat menjadi salah satu upaya dalam memperkuat *self-care management* pada remaja guna mendukung penerapan gaya hidup sehat sehari-hari.

Kata Kunci: Literasi Nutrisi, Obesitas, Pencegahan Obesitas, Remaja, *Self-care management*

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
DEPARTMENT OF NURSING
FACULTY OF HEALTH SCIENCES

Thesis, June 2026
Khoyrunnisa

The Relationship Between Nutrition Literacy and Self-Care Management in Obesity Prevention Efforts Among Students at Bima Ambulu Senior High School Jember

xix + 114 Pages + 3 Charts + 15 Tables + 4 Figures + 22 Appendices

Abstract

Introduction: Self-care management refers to an individual's ability to manage their own health to maintain and improve it independently, including diet management, physical activity, self-monitoring, healthy decision-making, and health self-education. This ability is strongly influenced by nutritional literacy, which is the ability to obtain, understand, and use nutritional information as a basis for decision-making regarding healthy lifestyle behaviors. Adolescents with good nutritional literacy tend to be better able to consistently apply self-care management behaviors in their daily lives. **Methods:** This study employed a correlational design with a cross-sectional approach. The study population consisted of 323 eleventh-grade students at Bima Ambulu High School in Jember. A sample of 179 respondents was selected using simple random sampling. Data were collected via nutrition literacy and self-care management questionnaires that had undergone validity and reliability testing prior to use. The relationship between variables was analyzed using Spearman's Rho test. **Results:** The results indicate a significant relationship between nutritional literacy and self-care management among students at Bima Ambulu High School in Jember, with a p-value of 0.001 (<0.05) and a correlation coefficient of $r = 0.861$, indicating a very strong positive correlation. **Analysis:** This strong and positive correlation suggests that nutritional literacy is a key factor in improving adolescents' self-care management skills; therefore, nutritional literacy can be targeted as an intervention to help adolescents become more independent in maintaining their health. **Discussion:** Nutrition literacy plays a crucial role in shaping adolescents' awareness and ability to practice self-care independently; therefore, improving nutrition literacy can serve as a strategy to strengthen self-care management among adolescents, thereby supporting the adoption of a healthy daily lifestyle.

Keywords: Nutritional Literacy, Obesity, Obesity Prevention, Adolescents, Self-care Management.