

ABSTRACT

SILAH FADILLAH

**DETERMINANTS OF VEGETABLE AND FRUIT CONSUMPTION
HABITS IN ADOLESCENTS**

(Study on Adolescents at SMP Negeri 17 Kota Tasikmalaya)

Adolescents are one of the age groups with the lowest consumption of vegetables and fruit. Lack of consumption of vegetables and fruit can cause nutritional problems and various health problems. The low consumption of vegetables and fruit in adolescents is caused by internal and external factors. The purpose of this research is to analyze what factors are related to the consumption habits of vegetables and fruit in adolescents. This study used a cross sectional study design. The sampling technique used is proportional random sampling. The measurement instruments used were the FFQ questionnaire to measure vegetable and fruit consumption habits, and questionnaires for internal factors (preferences) and external factors (availability of vegetables and fruit at home and outside the home, peer influence, pocket money, education and parental income). Statistical tests performed were univariate tests, bivariate tests using the chi square test, and multivariate tests using logistic regression. Statistical results showed that there was a relationship between preference ($p=0.000$), availability of vegetables at home ($p=0.036$), peer influence ($p=0.013$), mother's education ($p=0.027$), and parents' income ($p=0.010$) with vegetable consumption habits. There is a relationship between preference ($p=0.000$), availability of fruit at home ($p=0.024$), influence of peers ($p=0.004$) and parental income ($p=0.001$) with fruit consumption habits. The conclusion of this study is that there is a relationship between preference, availability of vegetables and fruit at home, peer influence, and parental income with the habit of consuming vegetables and fruit. There is no relationship between the availability of vegetables and fruit outside the home, pocket money, and father's education with consumption habits of vegetables and fruit. Mother's education is related to vegetable consumption habits, but not related to fruit consumption habits. There needs to be an increase in awareness and motivation for teenagers in consuming vegetables and fruit.

Keywords: *Vegetable and Fruit Consumption Habits, Internal Factors, External Factors*