

## ABSTRACT

**Hamzah, Sintia.** 2014. *Relation of Knowledge and Diet Behavior of Losing Body Weight on Female Teenagers at SMA Negeri 1 Gorontalo.* Skripsi, Study Program of S1, Department of Nurse, Faculty of Health and Sport Sciences, Universitas Negeri Gorontalo. The principal supervisor was dr. zuhriana K. Yusuf, M.Kes and co supervisor was Ns. Rhein Djunaid, S.Kep., M.Kes. (Bibliography, 28 : 2001 – 2012)

Shape and body weight which are normal and tend to be slim are considered to become people expectation particularly female teenagers. Knowledge and practice of unhealthy diet among female teenagers are revealed by diverging behavior in selective habit of meal. The research aimed at understanding relation of knowledge and diet behavior of losing body weight on female teenagers at SMA Negeri 1 Gorontalo.

The research was descriptive design through cross sectional approach. population were female students at SMA Negeri 1 Gorontalo amounted to 574 students. By applying purposive sampling, it gained 50 students to be research samples. Research instrument was questionnaire while data analysis applied univariate and bivariate of kolmogorof-Smirnov with level of significance  $\alpha = 0,05$ .

The result showed that most of respondents were described to have medium level of knowledge for 30 (60%) and diet behavior of losing body weight was stood in 35 (70%) for some respondents. P value was determined  $0,010 < 0,05$ .

To sum up, there was relation of knowledge and diet behavior of losing body weight on female teenagers at SMA Negeri 1 Gorontalo. Therefore, it requires female teenagers to gain more information related to how to do good and correct diet.

**Keywords: knowledge, behavior of diet, lose weight, female teenagers.**

