

## The Relationship Between Nutritional Status and Depression in Adolescents in SMA Muhammadiyah 1 Semarang

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### ABSTRACT

**Background:** Depression is a major mental health problem today, especially in adolescents. This is important because depression is often the leading cause of suicide in adolescents. In 2018 the prevalence of depression in adolescents in Central Java was 4.4%, and in the Semarang City Region it was 4.95%, this indicates that adolescents who experience depression are still quite high. One of the causes of depression in adolescents is nutritional status. Over nutrition status can cause depressive symptoms, especially in adolescents. This is due to feelings of dissatisfaction with one's own body shape which can lead to feelings of inferiority and withdrawal from the social environment. **Methods:** This study used an analytic observational method with a cross sectional approach which was conducted at SMA Muhammadiyah 1 Semarang. Sampling using purposive sampling method with a sample of 30 people. Primary data was obtained by distributing identity sheets and BDI-II questionnaires (having passed the validity and reliability tests) at SMA Muhammadiyah 1 Semarang. Data analysis was performed using the Spearman test. **Result:** In this study, it was obtained a p-value (0.000) <0.05, which indicates that there is a significant relationship between the two variables. Judging from the  $r$  Correlation Coefficient which shows (0.776) means that nutritional status has a strong relationship with the incidence of depression in adolescents. The majority of respondents who did not experience depression had a thin nutritional status as many as 7 respondents (23.3%). While the majority of respondents who experienced depression had a fat nutritional status as many as 12 respondents (40%). This is due to the respondents' dissatisfaction with their personal appearance, including their weight and height, which results in increased symptoms of depression. **Conclusion:** There is a relationship between nutritional status and the incidence of depression in adolescents.

**Keywords:** Nutritional status, depression, adolescence.