

## ADOLESCENT KNOWLEDGE OF LOCAL FOOD DIVERSITY TO IMPROVE REPRODUCTIVE HEALTH

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### ABSTRAK : PENGETAHUAN REMAJA TENTANG KEBERAGAMAN PANGAN LOKAL UNTUK MENINGKATKAN KESEHATAN REPRODUKSI

Latar Belakang: Pangan lokal adalah beragam makanan yang biasa diolah dan disajikan oleh masyarakat di suatu wilayah tertentu berdasarkan potensi dan kearifan lokal yang ada pada wilayah tersebut. Pengolahan pangan lokal erat kaitannya dengan preferensi konsumsi lokal, pengetahuan dan bahan baku lokal. Adanya keberagaman pangan lokal tersebut, tidak menutup kemungkinan memiliki nilai gizi untuk meningkatkan kesehatan reproduksi pada remaja yang tinggal di Daerah Aliran Sungai. Tujuan dalam penelitian ini adalah untuk mengetahui Pengetahuan Remaja Tentang Keberagaman Pangan Lokal untuk Meningkatkan Kesehatan Reproduksi di Daerah Aliran Sungai Kelurahan Pahandut Seberang Palangka Raya. Metode Penelitian : Desain penelitian ini menggunakan desain penelitian deskriptif. Teknik pengumpulan data yaitu menggunakan data primer, dengan jumlah sampel sebanyak 65 responden, pengambilan sampel menggunakan teknik total sampling. Pengumpulan data dengan menggunakan kuesioner, data yang telah terkumpul dianalisa, kemudian hasil disajikan dalam bentuk diagram dan persentase. Hasil Penelitian : Berdasarkan analisis dan pembahasan didapatkan hasil bahwa tingkat pengetahuan remaja tentang keberagaman pangan lokal untuk meningkatkan kesehatan reproduksi dari 35 responden kategori kurang 24 responden (65%), kategori cukup 11 responden (35%) dan tidak ditemukan remaja yang memiliki pengetahuan baik tentang keberagaman pangan lokal untuk meningkatkan kesehatan reproduksi Kesimpulan : Berdasarkan hasil penelitian ini didapatkan bahwa tingkat pengetahuan tingkat pengetahuan remaja tentang keberagaman pangan lokal untuk meningkatkan kesehatan reproduksi secara umum masih kurang. Diharapkan kepada responden agar dapat menambah pengetahuan dan petugas kesehatan pada wilayah tersebut dapat memberikan penyuluhan secara berkesinambungan kepada remaja- remaja agar dapat meningkatkan pengetahuan atau informasi yang benar mengenai keberagaman pangan lokal untuk meningkatkan kesehatan reproduksi untuk mencegah timbulnya masalah dan risiko kesehatan berkaitan dengan kesehatan reproduksinya.

Kata Kunci : Remaja, Pangan Lokal, Kesehatan Reproduksi, Daerah Aliran Sungai

### ABSTRACT

Background: Local food is a diverse range of foods commonly processed and served by people in a specific region, based on the potential and local wisdom present in that region. Processing local food is closely related to local consumption preferences, knowledge, and local raw materials. The presence of such local food diversity does not rule out its nutritional value for improving reproductive health in adolescents living in river basins. The purpose of this study is to determine adolescents' knowledge of local food diversity to improve reproductive health in the Kelurahan Pahandut Seberang Palangka Raya watershed area. Research Methods: This research design uses a descriptive research design. The data collection technique used was primary data, with a sample size of 65 respondents. The sampling method employed was total sampling. Data was collected using questionnaires, the collected data was analyzed, and the results were presented in the form of diagrams and percentages. Research Findings: Based on analysis and discussion, the results showed that the level of knowledge among adolescents regarding local food diversity to improve reproductive health was as follows: 24 respondents (65%) were in the poor category, 11 respondents (35%) were in the sufficient category, and no adolescents were found to have good knowledge about local food diversity to improve reproductive health. Conclusion: Based on the results of this study, it was found that the overall level of knowledge among adolescents regarding local food diversity to improve reproductive health was still lacking. It is hoped that respondents can increase their knowledge, and health workers in the area can provide continuous education to

adolescents to improve their knowledge or correct information regarding food diversity to enhance reproductive health and prevent health problems and risks related to their reproductive health.

Keyword : Adolescents, Local Food, Reproductive Health, River Basin

## INTRODUCTION

During adolescence, there is a transitional period from childhood to adulthood. At this time, individuals are experiencing rapid growth and development, both physically and mentally. There are several phases in adolescent development, namely, as follows (Pujilestari et al., 2024): Pre-adolescence (11 or 12 years old to 13 years old). In this developmental phase, individuals enter a period where they begin to shed their childhood roles and strive to grow as individuals independent of their parents. Acceptance of physical changes and fitting in significantly with peers are the main focus during this stage. Early adolescence (ages 13 or 14 to 17). During this developmental phase, adolescents will experience many changes as they begin to search for their identity, are able to make independent decisions, think more logically, and have more time to discuss their desires with their parents. Late adolescence (ages 17 to 21). During this developmental phase, adolescents will have a desire to stand out and be the center of attention. Adolescents also begin to have clear aspirations, are more enthusiastic about doing things, start to establish their self-identity, and are no longer dependent on their emotional state. Reproductive health is not just about producing offspring, but also about achieving physical health, being free from disease or disability, being intelligent, and growing into adulthood, being able to get pregnant, give birth, breastfeed until menopause. For someone to be healthy, they must be supported by a healthy lifestyle, including regular exercise.

Food is a source of energy; if consumed in excess, it becomes a burden on the body and heart, and if it lacks variety in type and quantity, it can make the body weak, susceptible to illness, and difficult to concentrate. Various foods have varying qualities and quantities of nutrients such as carbohydrates, fats, proteins, vitamins, minerals, and fiber. Consuming complex carbohydrates is beneficial for strengthening the reproductive system and improving fertility. Those food sources are wheat, brown rice, and corn. The carbohydrates in white rice can increase blood sugar levels and the hormone insulin, which can prevent fertilization. Foods to increase fertility are: meat, fish, eggs, nuts, fruits, raw vegetables, bread, grains, milk. Vitamin A maintains the health of epithelial tissues throughout

the body's surface, vital areas, and the uterus. Vitamin A is found in the liver, eggs, egg yolks, cheese, butter, and carrots. Vitamins B, B2, and folic acid are essential for the body; a deficiency in vitamin B can lead to infertility. To prepare for pregnancy, it is recommended to consume more foods containing vitamin B, such as lettuce, meat, chicken, fish, wheat, nuts, bananas, and green vegetables. Vitamin C increases fertility, especially in men. Eating foods containing 500 - 1000 mg of vitamin C per day can improve sperm quality, prevent agglutination, and morphological abnormalities. Vitamin C is found in kiwis, strawberries, oranges, and peppers.

Healthy foods for reproduction are those that are balanced in quantity and varied, especially natural foods like vegetables, fresh fruits, shellfish, eggs, honey, and milk. Data from the Central Bureau of Statistics (BPS) in 2020 shows that the population of Indonesia in 2019 was 268,074,600 people, with 67,268,900 being adolescents. The Indonesian Adolescent Reproductive Health Survey (SKRRI) report found that 12.5 percent of adolescents lack understanding of reproductive health. Indonesia is a country rich in natural resources, including various types of local food. This diversity is not only seen in the types of food crops, but also in how people process and serve them. In every region, there is local food with its own unique characteristics, ranging from rice grown in fertile rice paddies, corn which is a staple food in some areas, to tubers like cassava and sweet potatoes. This local food reflects the culture and traditions of the community. For example, in Bali, rice is a staple food that is always served at every traditional ceremony. In Sulawesi, people consume more corn as a source of carbohydrates. Thru exploring local foods, we are reminded of the importance of preserving the natural and cultural wealth around us. Particularly in Central Kalimantan, there is also its own local diversity. Among the various types of local foods, there are several processed local foods that have significant benefits for reproductive health, especially for adolescents.

## RESEARCH METHODS

### Research Stages

The research method used in this study is descriptive research, which is a research method

used to gain the broadest possible knowledge about the research object at a specific time. The population in this study is adolescents in RT 04, the Kelurahan Pahandut Watershed Area. The sample in this study is from the Kelurahan Pahandut Watershed Area. The sampling method used by the researcher is Non-Probability with Total Sampling, which means sampling is done by taking all members of the population as respondents or samples. The criteria used are inclusion criteria, which is the selection of general characteristics of research subjects within a population to be studied (Nursalam, 2017). In this study, the inclusion criteria are:

1. Adolescents from Pahandut Village
2. Adolescents aged 13-17 years
3. Adolescents who can read and write

The data collection tool is a questionnaire. The stages in data processing in this study are Editing, Coding, Scoring, and Tabulating. The data analysis in this study is univariate data analysis. Limitations during the data collection process in the study: the information provided by respondents through questionnaires sometimes does not reflect their true opinions. This happened because of differences in thinking, understanding, and honesty among each respondent when filling out the questionnaire. There are still inconsistent questionnaire responses from respondents because respondents tend to be less thorough. The writing ethics in this study are Informed Consent, Anonymity, Confidentiality, Privacy or Dignity, and Respect for Autonomy.

## RESEARCH RESULTS

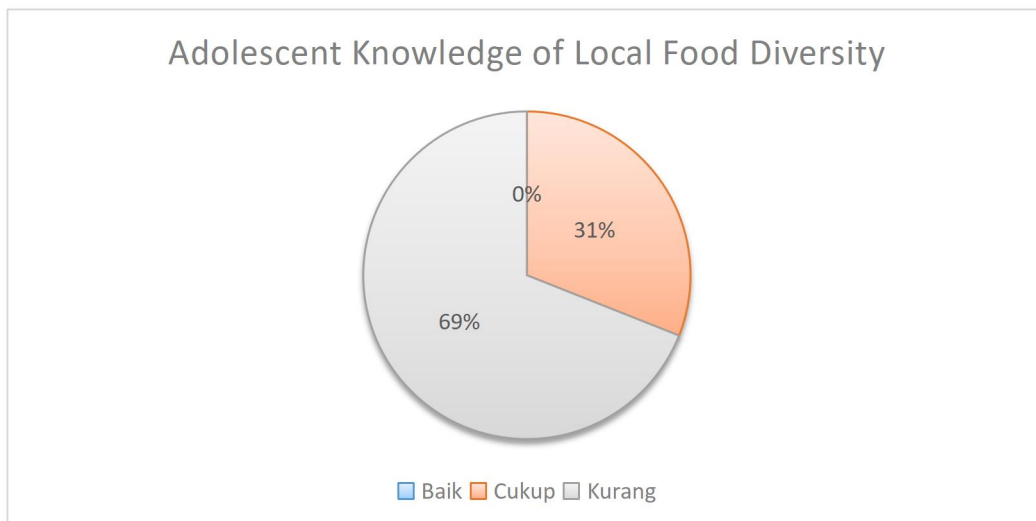


Diagram 1

### Distribution of Respondents Based on Adolescents' Knowledge Level of Local Food Diversity to Improve Reproductive Health

Based on the research findings from 35 respondents, the overall majority of respondents with insufficient knowledge were 24 respondents (69%), those with sufficient knowledge were 11 respondents (31%), and those with good knowledge were 0 respondents (0%).

## DISCUSSION

Knowledge is the result of human perception of specific objects through the senses they possess, such as sight (eyes), hearing (ears), smell (nose), touch (skin), and taste (mouth). Knowledge can be influenced by an individual's age, which is calculated from the moment they are born until they are a few years old. As a person gets older, their level of maturity will be more developed in their

thinking (Nursalam 2013). The older a person gets, the better their mental development processes become, but at a certain age, the increase in these mental development processes is not as rapid as it was in their teens. From this explanation, we can conclude that a person's increasing age can affect the growth of their knowledge, but at certain ages or as they approach old age, their ability to receive or remember knowledge will decrease. Food and meals have different nutritional compositions. Before processing, food contains complete and intact nutrients that have not been damaged. However, some intact nutrients still need to be processed first so that the body can digest and absorb them optimally, such as protein compounds that are broken down into several amino acids.

Knowledge about proper and correct food processing is important for the community to possess. Some teenagers today prefer fast food products and minimally processed food products to preserve as much nutritional content as possible. However, it's important to remember that minimal processing, if not handled properly, can lead to the risk of harmful bacterial growth, such as *Escherichia coli*. In addition, adolescents also need to be given knowledge about nutrient-dense and energy-dense foods so that each individual is able to wisely choose and consume the right foods for themselves. Food processing using the steaming technique is one of various food processing techniques that can be defined as cooking food ingredients using boiling water vapor with a steamer made of bamboo or stainless steel. One type of local food that is good for adolescent reproductive health, with characteristics from Central Kalimantan, is Patin Fish Pais and Haruan Fish Pais, which have high nutritional value with high protein and healthy fats, beneficial for adolescent reproductive health.

Banawati's research results show that catfish pais contains 35.22% protein, 23.33% carbohydrates, 12.38% fat, and 3.08% fiber. And processed snakehead fish contains high protein, especially albumin and essential amino acids, fat, especially essential fatty acids, minerals, especially zinc (Zn), and several vitamins that are very good for reproductive health (Mustafa et al., 2012). The nutritional content of snakehead fish meat varies in value. In the era of globalization and increased awareness of the importance of health, the demand for functional foods is growing. Functional foods are foods that not only provide essential nutrients but also offer additional health benefits for the body. Snakehead fish is a species known for its high nutritional value, especially due to its abundant albumin content, making it frequently used in traditional medicine (Sahid et al., 2018). The impact of modernization on eating patterns in the current era of information technology and globalization brings about many changes in people's lives, particularly among adolescents, including changes in lifestyle, especially in consumption patterns. The diverse changes in consumption patterns among people, particularly adolescents, have led to the concept of practical food presentation, one example of which is fast food. Although fast food has negative long-term impacts, particularly on health, people, especially adolescents, still enjoy fast food because it is practical, time-efficient, and has affordable taste and price. Regarding the lifestyle that is already leaning toward modernity, research conducted by (Briawan, et al., 2022) thru secondary

data analysis of the SUSENAS food consumption module for the period 2000-2020 found that, over a 20-year period, there was a change in food consumption patterns, some of which were in an unfavorable direction. Analysis of SUSENAS data from 2000-2020 showed a decrease in the consumption of vegetables and local carbohydrate sources, as well as an increase in the consumption of instant noodles and fried snacks. Meanwhile, food consumption that remained low and unchanged included meat, tofu/tempeh, fruits, and milk. The increased consumption of instant noodles, which tend to be high in sodium, and fried foods high in saturated fat carries a risk of increasing degenerative diseases later in life. Fast food is preferred and consumed more by teenagers than traditional foods. In fact, local foods like sticky corn have healthier nutrients and protein because they are natural without any preservatives or other chemicals added. This reduction in local food consumption not only impacts health but also the preservation of local culture and heritage. Local food is very important as a source of food diversity to achieve sustainable food security. Additionally, local food also supports reproductive health and family health with balanced nutrition.

The utilization of local food reflects cultural creativity and local wisdom, which can enrich the availability of nutritious food in every household. Preserving local food will make it easier for people to consume healthier meals compared to fast food like burgers, pizza, french fries, fried chicken, and nuggets. Excessive consumption of fast food can reduce the quality of reproductive health, especially in terms of nutrition. Therefore, it is hoped that the government can provide education on the importance of nutrition thru socialization and programs that encourage the public, especially adolescents, to better understand the benefits of local food. This education can cover the importance of consuming local foods such as river fish, typical Dayak green vegetables, corn, sticky rice, cassava, taro, bananas, and sweet potatoes, which can be processed into various types of nutritious meals. By utilizing these local foods, we can ensure a balanced nutritional intake, support healthy reproductive growth, and preserve the region's culinary cultural heritage. Local food is not just about health, but also about identity and future sustainability.

## CONCLUSION

Based on the research results, it was found that there are still adolescents who lack knowledge regarding the diversity of local food for reproductive

health. This is a period of rapid physical growth and development for adolescents, and local food is very good for them. However, the current state of modernization has led to the impact of modernization on eating patterns. The changes in diverse eating patterns in society have given rise to the concept of practical food presentation. Therefore, it is highly necessary for relevant parties to disseminate information thru media, community service programs, leaflets, etc., to promote the benefits and healthiness of local food for adolescents to cultivate and consume for current and future reproductive health.

### **SUGESTION**

The need for further research on the local diversity found in Central Kalimantan, so that it can be published and known by the public, especially young people, because the forms of local diversity in the modern era are often unknown and considered not very important by the public, especially young people, due to their lack of knowledge about the true local diversity possessed by Central Kalimantan.

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