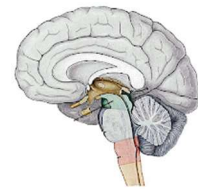Contents lists available online at:

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ANALYSIS OF EATING BEHAVIOR IN CONSTIPATION WITH LAWRENCE GREEN THEORY APPROACH

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ABSTRACT

Constipation is an obstruction of defecation from normal habits where there is infrequent defecation, the amount of stool is less, the consistency is hard and dry. One of the factors that cause constipation is the lack of knowledge and attitudes in carrying out dietary behavior and the lack of support from the family. The aimed of this study was to analyze dietary behavior in the incidence of constipation used Lawrence Green theory approach. The design of this research is Analytical Observation with Cross Sectional approach. Samples were taken using the purposive sampling technique in accordance with the inclusion and exclusion criteria of dietary behavior at MTs Al-Hidayah, Wajak Village, Wajak District, Malang Regency, with a total of 114 respondents. Collecting data in this study using a questionnaire sheet. The statistical test used is linear regression analysis test. The results showed that there was an influence between knowledge and p-value results of $0.007 < (0.05)$ with a coefficient of 0.673, attitude p-value <0.001 with a coefficient of 0.432, and family support p-value <0.001 with a coefficient of 0.358 on behavior. dietary habit. Based on the results of the analytical test, it can be concluded that there is an influence between knowledge, attitudes and family support on dietary behavior. So it is necessary to increase knowledge, attitudes and family support in dietary behavior to prevent constipation.

INTRODUCTION

Constipation is a condition characterized by changes in the consistency of the stool to become hard, large in size, not defecating at all in a week, decreasing the frequency or difficulty of defecation (Eva, 2015). Constipation is an obstruction of defecation from normal habits where there is infrequent defecation, less amount of stool, hard and dry consistency (Intan Octavia, 2014). Constipation is still often underestimated by society. Constipation occurs due to diet, for example, lack of fiber intake and water intake that is less than the body's needs. They consider that difficulty in defecating is not a big problem, only the result of eating wrong or consuming less water so that they are underestimated and are considered to be healed by themselves (Devi, 2010). This study uses Lawrence Green's theoretical approach to determine the effect of knowledge, attitudes and family support on dietary behavior.

In America, it is recorded around 2-27% with 2.5 million visits to the doctor and almost 100,000 per year due to constipation problems (Mulyani, 2019). In Europe 17%, Hong Kong 14.3%, Korea 16.5%, Japan 26% in women. In Indonesia, it is estimated that 15-23% of women and 11% of men experience constipation due to diet, the prevalence in adolescents is higher than adults, which is 24% (Budianto, 2018). Based on The Indonesian Regional Hydration Study (THIRST) in 2009 which was conducted in six cities located in the highlands and lowlands in Indonesia, namely Jakarta, Lembang, Surabaya, Malang, Makassar and Malino, involving 1,200 respondents aged 15-55 years. as many as 46.1% were constipated due to dehydration with a greater percentage of adolescents, which was around 49.5%.

Many teenagers are constipated because of their diet. A good diet consists of eating frequency, type of food, and meal portion. A good diet is one of the management of constipation. Factors that cause constipation, for example, lack of fiber intake and inadequate fluid intake in the body's needs, failure to respond to the urge to defecate, inadequate fiber and fluid intake which can lead to dehydration and abdominal muscle weakness (Herawati, 2012). Dietary fiber cannot be digested by human digestive enzymes, but in the large intestine there are colonic bacteria that can break down dietary fiber into fiber components. Fiber has the ability to bind water in the large intestine which makes the volume of feces larger and stimulates the rectal nerves, causing a feeling of wanting to defecate. Constipation that occurs continuously will cause several diseases such as haemorrhoids, colon cancer, verticular disease (Ayu, 2018).

Patients with constipation should avoid something that can trigger an attack. Risk factors that cause sufferers to experience constipation are poor eating patterns, for example, consuming less fiber and consuming less fluids, rarely doing sports, ignoring the urge to defecate, feeling uneasy when using the toilet, being overweight, mental disorders, disease factors, side effects. side of drugs. It is better for patients who experience constipation to avoid something that is a trigger factor by changing a good diet, for example increasing fiber consumption and increasing fluid consumption, avoiding consuming too much milk and caffeine, exercising regularly for at least 30 minutes a day, and don't ignore the urge to defecate. , lose weight if excessive. And the lack of people who pay less attention to health and maintain a good diet (Ayu, 2018).

Based on Lawrence Green's theory states that a person's health is influenced by several factors, namely predisposing factors which include knowledge, attitudes, beliefs, education and work, the second factor is enabling factors which include infrastructure and distance to health services. and the third is the reinforcing factor in the form of the role of family support and the existence of rules (Nursalam, 2013). Based on this explanation, the researchers wanted to conduct research on the Analysis of Eating Pattern Behavior on Constipation Events with the Lawrence Green Theory Approach at MTs Al-Hidayah, Wajak Village, Wajak District, Malang Regency.

METHODS

The research design used is an analytical observational study with a cross sectional method approach. The population in this study were all adolescents at MTs Al-Hidayah, Wajak Village, Wajak District, Malang Regency. The research sample using purposive sampling technique was 114 people. The research instrument used a questionnaire of knowledge, attitudes, family support and dietary behavior. The instrument has been tested for validity and reliability with the results of all instruments being valid (p value <0.05) and reliable (Cronbach alpha 0.6). Furthermore, the data that has been obtained are analyzed bivariate using Pearson test and multivariate test using regression.

RESULTS AND DISCUSSION

Table 1 Characteristics of respondents by age and gender

Age (years)	Frequency	Percentage (%)
13	45	39.5%
14	40	35.1%
15	29	25.4%
Amount	114	100%
Gender	Frequency	Percentage (%)
Male	57	50%
Female	57	50%
Amount	114	100%

Based on Table 1 based on the age of the respondents, it was found that most of the respondents were 13 years old, 45 respondents (39.5%).

Table 2. Results of the Analysis of the Relationship of Knowledge, Attitudes and Family Support to Dietary Behavior

Variable	Dietary Pattern Setting Ability		
	Pearson Correlation (r)	Frequency (n)	p-value
Knowledge	0.346	114	0.000
Attitude	0.522	114	0.000
Family support	0.570	114	0.000

Based on the results of statistical tests in Table 2, it shows that the *Pearson analysis test* produces a significance value of all variables <0.001 which means <0.05 which indicates a relationship between knowledge, attitudes and family support with eating pattern behavior.

Table 3. Interpretation results from multiple regression analysis test (coefficiency)

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	-3.573	3.393		-1.053	.295
Knowledge	.1143	.244	.196	.2.759	.007
Attitude	.432	.093	.344	4.651	.000
Family support	.358	.066	.407	5.462	.000

Based on table 3, it shows that from the first model the knowledge variable gets a *p value of* 0.007 and the attitude and family support variable gets a *p* value <0.001 where statistically the knowledge, attitude and family support variables have a big influence on the dependent variable, namely eating behavior. In theory, family support has the most influence on dietary behavior because statistically the *p -value* of family support is <0.001 where the p-value is <0.05 with a correlation value of 0.358.

Based on the results of the study, it shows that knowledge has an effect on eating pattern behavior. This is shown from the results of the significance value (p value) which is 0.007 <0.05 and the regression coefficient value is 0.1143. From the results above, it can be concluded that H0 is rejected and H1 is accepted that knowledge has an influence on eating behavior.

The significance results in this study are in accordance with research conducted by (Lestari, 2019), which states that there is a strong influence of knowledge on eating behavior as evidenced by a significance value of 0.009 which indicates that an increase in knowledge can affect good and correct eating behavior.

These results are also in accordance with research from (Anisa, 2012) which says that there is an influence of knowledge on eating behavior with a significance result of p = 0.013 less than 0.05. Students who have good knowledge tend to have good behavior in eating patterns and vice versa (Putri, 2012). Based on the facts and theories above, it shows that knowledge influences eating behavior. This can be seen at the time of data collection that most of the respondents seem to understand how to do a good and correct eating pattern. So it can be concluded that knowledge affects the behavior of eating patterns.

The Influence of Attitude Influences on the Behavior of Eating Patterns

The results of the study indicate that attitudes affect eating behavior. This is shown from the results of the significance value (p value) which is <0.001 which means (p value) <0.05 and the regression coefficient value is 0.432. From the results above, H0 is rejected and H1 is accepted that attitudes have an influence on eating pattern behavior.

Attitudes have an effect on dietary behavior with a significance value of p=0.013 (sig<0.05), this indicates that people who have a good attitude towards dietary behavior tend to have a good diet (Lestari, 2019). The results of this study are in line with research conducted by Jelantik & Astarini, 2014 which obtained the results of p = 0.009, which means that there is an influence between attitudes and eating behavior. Based on the facts and theories above, it shows that attitudes affect eating behavior.

Family Support Affects Dietary Behavior

The results showed that the most influential support on dietary behavior. This is shown from the results of the significance value (p value) which is <0.001 which means (p value) <0.05 and the regression coefficient value is 0.358. From the results above, H0 is rejected and H1 is accepted that family support has an influence on dietary behavior.

The results of research conducted by Susanto, I & Fitriana, N (2015) state that family support has an effect on behavior as evidenced by the results of p value = 0.009 (sig <0.05), it can be concluded that there is a significant influence between family support on eating behavior. This also proves that families who provide good support in the form of informational and instrumental support can improve eating behavior in adolescents. Based on the facts and theories above, it shows that family support affects eating behavior. This can be seen at the time of data collection, most of the respondents said that families always teach good and correct eating habits. So it can be concluded that family support affects eating behavior.

Knowledge, Attitudes and Family Support Influence on Eating Behavior.

The independent variable (knowledge, attitude, family support) that has the most influence on eating pattern behavior is the family support variable, where the family support variable has a significance value (p value) that is <0.001 which means (p value) <0.05 and the regression coefficient value of 0.358. So it can be concluded that family support has a greater influence on dietary behavior.

The results of this research analysis are in line with Norfai's research, (2017) which states that family support is the most influential factor in correct eating pattern behavior. parents are the closest people who are able to always remind their teenagers to do a good and right diet. The results of this study are in accordance with Lawrence Green's theory, where in Lawrence Green's theory explains that there are several factors that can influence behavior and the environment which include predisposing factors (knowledge,

beliefs, attitudes, beliefs, values), enabling factors/enabling factors (health care facilities). and distance from services) and reinforcing factors (support from health workers, family support and so on) (Nursalam, 2013).

Family support is the most influential factor on dietary behavior. Family support is something that can affect adolescent behavior because a teenager will get used to his diet with fiber and enough fluids if family or peers give advice to do this behavior. Foods that contain lots of fiber will also increase bowel movements, smooth the stool so that it is easier to pass through the colon, so that it can also increase the frequency of defecation. In addition, the amount and type of food that comes in every day also affects the pattern of defecation (Funnell & Koutoukidis, 2005). According to the Ministry of Health (2005), seen from the portion of food eaten every day, it must follow general guidelines for balanced nutrition, namely dishes composed of staple foods (3-5 servings/day), side dishes (2-3 servings/day), vegetables (2-3 servings/day), and vegetables (2-3 servings/day). servings/day) and fruit (3-5 servings/day). Consuming water as needed, the average adult body will lose 2.5 liters of fluid per day. About 1.5 liters of body fluids come out through urine, 500 ml out through sweat, 400 ml out through respiration (breathing) and 100 ml out through feces. Based on this estimate, drinking consumption between 8-10 glasses (1 cup = 240 ml) is used as a guideline in meeting fluid needs (Claudia, 2018). While the frequency of eating consists of the main meal, namely breakfast, lunch, and dinner (Azizi, 2010).

CONCLUSIONS AND SUGGESTIONS

Knowledge affects the behavior of eating patterns at MTs Al-Hidayah, Wajak Village, Wajak District, Malang Regency, with the results of a significance value of 0.007 <0.05. Attitudes affect the behavior of eating patterns at MTs Al-Hidayah, Wajak Village, Wajak District, Malang Regency, with the results of a significance value <0.001 which means a p-value <0.05. Family support has an effect on dietary behavior in MTs Al-Hidayah, Wajak Village, Wajak District, Malang Regency, with the results of a significance value <0.001 with a correlation value of 0.358, which means that family support affects eating behavior.

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