



ABSTRACT

Comparison of diet quality on weekdays and weekends among high school students in a semi-military education system

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Introduction: Adequate nutrition is critical for the growth, academic, and physical performance of adolescents. In semi-military schools, the regimented weekly schedules may influence students' eating patterns, potentially causing variations in diet quality between weekdays and weekends. This study aims to explore the differences in diet quality between weekdays and weekends among high school students enrolled in a semi-military education system.

Methods: The study sampled 200 high school students from semi-military schools in Central Java, Indonesia, using purposive sampling. Diet quality was assessed with the Diet Quality Index International (DQI-I), which examines food variety, protein sources, nutrient adequacy, and dietary balance. Data were gathered through interview questionnaires over a full week, covering both weekdays and weekends. Differences in median diet quality scores were analyzed using non-parametric Wilcoxon tests.

Result: The analysis showed that 130 out of 200 students had lower DQII scores on weekends compared to weekdays. The Wilcoxon test resulted in a Z-value of -5.645, demonstrating a statistically significant difference ($p < 0.001$) in diet quality, with a trend toward poorer diet on weekends.

Conclusion: The study highlights significant disparities in diet quality between weekdays and weekends among students in semi-military settings, suggesting that the less structured weekend environment may detrimentally affect students' dietary habits. These findings point to the need for targeted nutritional strategies during weekends to ensure consistent diet quality among these students.

Keywords: Adolescent, Semi-Military School, Diet Quality

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