

ABSTRACT

**ESA UNGGUL UNIVERSITY
FACULTY OF HEALT SCIENCES
NUTRITION MAJOR
UNDERGRADUATE THESIS, MARCH 2019**

ASRI NUR LATIFAH

THE EFFECT OF INTERVENTION FRUIT TO SYMPTOMS OF DEPRESSION, MOOD AND VITALITY IN YOUNG WOMEN

Background : The adolescent age group is the highest group with less fruit consumption. Adolescence is the transition stage of the development of adult physical and mental health status. Teenagers are a critical period of development of children becoming adults. Many fruits contain micronutrients that can affect mental health including symptoms of depression, mood and vitality.

Objective: To analyze the results is a knowing the effect of fruit giving on symptoms of depression, mood, and vitality for young women

Method: The type of research is a quantitative - experiment with research design a pretest and posttest with group control. The treatment group (experiment) provided 2 servings of fresh fruit / day for 14 days while the control group was the group that maintained the diet. The filling out of the questionnaire was done at night before going to bed. The total sample used in this study was 60 people with 30 people in each group.

Research Results : The result showed there were 4 people dropping out in the treatment group, and 2 people dropping out in the control group. Statistical test results Paired T-test, it is known that there was a significant decrease (p-value = 0.02) before and after the intervention of 14.47% in the treatment group. But the difference in mood between before and after intervention. Changes in vitality scores before and after the intervention had a significant increase (p-value = 0.028) in the treatment group. In the independent statistical test the sample t-test had a difference between depressive symptom scores (p-value = 0.006) and mood (p-value = 0.046) in both groups.

Conclusion: There is an effect of giving fruit to symptoms of depression and mood

Keywords: fruits, Symptoms of depression, mood, vitality, female, teenager girls