

Literature Review: Effects of Using Instagram Social Media as a Nutrition Education Media

Literature Review: Pengaruh Penggunaan Media Sosial Instagram Sebagai Media Edukasi Gizi

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ABSTRACT

Background: Nutrition is one thing that is important and very needed by the body. Indonesia has various kinds of social media that several users often play. One social media that has quite a lot of users is Instagram. During this pandemic, knowledge can come from anywhere. They are starting from teachers, friends, webinars, and so on. This knowledge sharing can be done by utilizing various applications such as Zoom, Google Meetings, etc. In addition, social media applications such as Instagram can provide users with various information and knowledge.

Objectives: The purpose of writing this article is to analyze the influence of using social media, Instagram, for nutrition education.

Discussions: This type of article is written using qualitative research using literature studies. This study uses searches on the Google search website, Google Scholar, and Research Gate with the keywords "Influence of Instagram Media as an Instrument", "Nutrition Education Media", "Effectiveness of Instagram Media", and "Nutrition Education Media". Articles were selected using the PRISMA flowchart.

Conclusions: The results are that the young generation can study anytime and anywhere. The Instagram application can have a positive impact on users if managed properly. Not only that, by using the Instagram application, users can get useful information such as webinars related to nutrition and users can follow these activities properly.

ABSTRAK

Latar Belakang: Gizi merupakan salah satu hal yang penting dan sangat diperlukan oleh tubuh. Indonesia memiliki berbagai macam media sosial yang kerap dimainkan oleh beberapa pengguna. Salah satu media sosial yang memiliki pengguna yang cukup banyak adalah Instagram. Pada masa pandemi ini, ilmu yang didapatkan bersumber dari mana saja. Mulai dari guru, teman, webinar, dan lain sebagainya. Sharing ilmu tersebut bisa dilakukan dengan memanfaatkan berbagai macam aplikasi seperti Zoom, Google Meeting dan lain sebagainya. Selain itu, aplikasi sosial media seperti Instagram juga dapat memberikan berbagai macam info dan juga pengetahuan bagi para pengguna.

Tujuan: Tujuan dari penulisan artikel ini adalah untuk menganalisis terkait pengaruh penggunaan media sosial Instagram sebagai media edukasi gizi.

Ulasan: Jenis artikel yang dituliskan menggunakan penelitian kualitatif dengan menggunakan studi literatur. Penelitian ini menggunakan pencarian pada website Google search, Google Scholar dan Research Gate dengan kata kunci "Pengaruh Media Instagram sebagai Instrumen", "Media Edukasi Gizi", "Efektivitas Media Instagram" dan "Media Edukasi Gizi". Artikel dipilih menggunakan diagram alir PRISMA.

Kesimpulan: Hasil yang didapatkan yaitu tidak menutup kemungkinan bagi generasi milineal untuk belajar kapan saja dan dimana saja. Aplikasi Instagram dapat memberikan dampak positif bagi pengguna jika dikelola dengan baik. Tidak hanya itu,

dengan menggunakan aplikasi Instagram, maka pengguna dapat mendapatkan info yang bermanfaat seperti webinar terkait gizi dan pengguna dapat mengikuti kegiatan tersebut dengan baik.

Kata Kunci: Edukasi, Gizi, Instagram, Media

INTRODUCTION

As is well known today, the development of electronic media is speedy. Even the world is now starting to enter the 5.0 era, a continuation of the 4.0 era. In the 4.0 era, it is known that machines can assist all human activities and work. These machines will undoubtedly facilitate all affairs, activities, and human labor. As an example, in the 90s, Indonesian people did laundry work using muscle activity or by using their hands. However, now you can use a washing machine to speed things up. Another example is humans starting to use motorized vehicles such as motorbikes, cars, buses, and so on to make walking time efficient ¹.

Based on the literature studies that researchers have carried out, Indonesia has various kinds of social media that several users often play. One social media that has quite a lot of users is Instagram. Instagram is an application that can be installed via Playstore. Based on APJII data, more than 75% of Indonesian people are addicted to internet access. It is undeniable that internet access has a significant influence on Indonesian society ². Additionally, a COVID-19 pandemic outbreak is currently affecting the entire world, including Indonesia. Indonesians have been obliged to stay at home and work on various tasks at home as a result of the COVID-19 pandemic. For the work to be connected from multiple parties who rely on one another, each home must have internet access ³.

During this pandemic, knowledge can come from anywhere. It starts with teachers, friends, webinars, and so on. This knowledge sharing can be done by utilizing various applications such as Zoom, Google Meetings, etc. In addition, social media applications such as Instagram can provide users with different information and knowledge. In this paper, the authors are interested in analyzing nutrition education by utilizing Instagram. Based on research conducted by Rusdi (2021) explained the results that nutrition education using Instagram has an influence and is effective in changes in knowledge about balanced nutrition in young women ⁴. Nutrition is one thing that is important and very needed by the body. Nutrition functions as a builder and repair of several tissues so that the body can work as it should ⁵. The nutrition that the body gets must be good and sufficient nutrition for the body. In this case, if the body receives excess or less nutrition, this is certainly not good for the body and will have side effects for the body and health ⁴.

According to Riskesdas, stunted nutrition affects more than 25% of young adolescents and more than 26% of adolescents in their late teens. Additionally, 8.7% of teenagers between the ages of 13 and 15 and 8.1% of adolescents between the ages of 16 and 18 had thin and fragile nutritional status. Additionally, 13.5% of

teenagers between the ages of 16 and 18 and 16% of adolescents between the ages of 13 and 15 are obese ⁶. The body needs more than just the so-called "four healthy, five ideal" kinds of nutrition to function properly. There are, however, a number of minor nutrients, including iron, phosphorus, and others. According to Riskesdas data, more than 30% of adolescents have modest dietary deficits nonetheless ⁷.

Based on this study, students' understanding of nutrition education in relation to fruits and vegetables can be boosted using Instagram and PowerPoint presentations, as shown by higher knowledge ratings both before and after the intervention. Following the intervention, the Instagram group experienced a greater than normal improvement in knowledge. Instagram media can be used as a thorough health promotion tool to raise awareness of health issues, particularly nutrition ⁸. Additionally, a study by Khotimah (2019) found that young women in Tebas Kuala Village had different levels of understanding of anemia before and after receiving nutritional instruction via Instagram. Young women in Tebas Kuala Village had different protein consumption before and after receiving nutrition education via Instagram. Before and after young women in Tebas Kuala Village received nutrition education via Instagram, there were disparities in their iron intake. Before and after young women in Tebas Kuala Village received nutrition education via Instagram, their vitamin C intake varied ⁹.

Nutritional issues can be influenced by both internal and external causes. Internal factors are those that originate inside, such as self-awareness. Then there are factors that originate outside the body, which are instances of external influences. The body's ability to accept nutrients is one example. Of course, these intakes must be healthy for the body to receive a proper diet. The purpose of this essay is to examine the impact of using Instagram as a social media platform for nutrition education. The author of this essay is interested in researching nutrition education through the use of Instagram.

METHODS

This article aims to analyze the impact of using Instagram social media as a means of nutrition education. This article is written using a qualitative research design using a literature review. Literature research conducted during the writing of this article includes analysis and research related to articles, books, magazines, or other sources related to the title. The literature study referred to here is an activity related to research that aims to analyze related documents, several books, several reports, some notes, and some relevant literature to solve the problems researchers face. The following is chart one regarding the research method to be carried out.

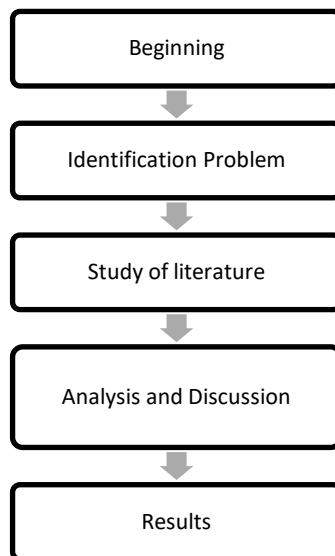


Figure 1. Thinking Framework Source (Rumetna, 2018)

The researcher's nature of writing this article is a descriptive or descriptive analysis based on several relevant studies. In the first step, pieces are collected through searches related to relevant studies published on Google Search, Google Scholar, Research Gate, and others using Indonesian keywords "Influence of Instagram Media as an Instrument," Nutrition Education Media," "Effectiveness of Instagram Media" and "Nutrition Education Media." The articles or journals that

the authors mention are the most recent articles within the last ten years (2012-2022). In the second step, the title and summary are selected. The criteria for the chosen journal are scientific journals in Indonesian or English on nutrition education. In addition, a preliminary assessment is given regarding objectives, methods, results, discussion, and conclusions. Third, an analysis of the contents of each journal article is carried out and classified as a table of journal research results.

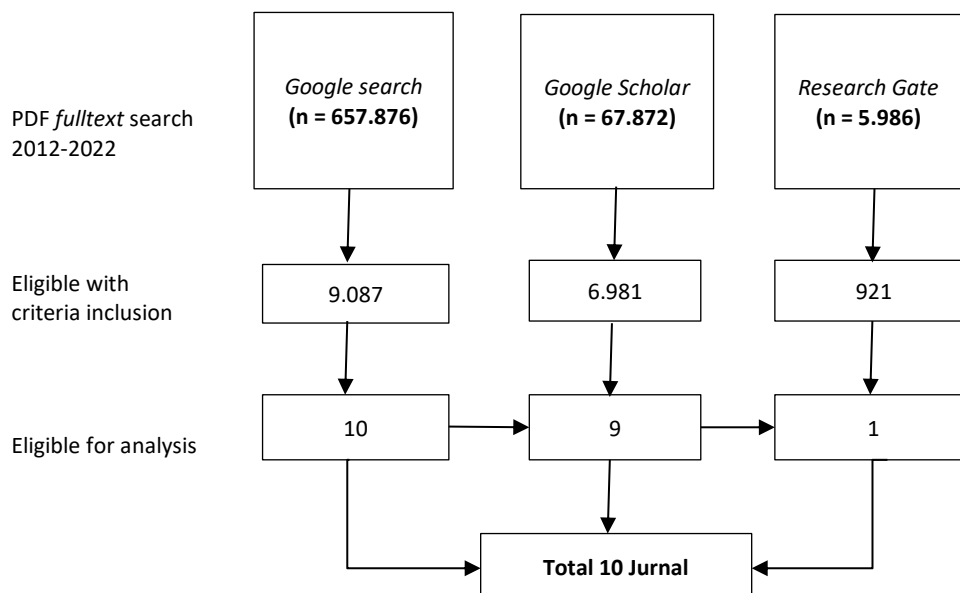


Figure 2. Article Selection Scheme

If there are journals that are connected, a comparison is also conducted. The sharpness of the discussion of research findings is strengthened by the inclusion of additional journal and textbook articles.

Researchers could reach research conclusions because articles were chosen using the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) flow chart.

DISCUSSIONS

The development of electronic media is speedy. Even the world is now starting to enter the 5.0 era, a continuation of the 4.0 era. In the 4.0 era, it is known that machines can assist all human activities and work. These machines will undoubtedly facilitate all affairs, activities, and human labor. As an example, in the 90s, Indonesian people did laundry work using muscle activity or by using their hands. However, now you can use a washing machine to speed things up. Another example is humans starting to use motorized vehicles such as motorbikes, cars, buses, and so on to make walking time efficient. During this pandemic, knowledge can come from anywhere¹⁰. They are starting from teachers, friends, webinars, and so on. This knowledge sharing can be done

by utilizing various applications such as Zoom, Google Meetings, etc. In addition, social media applications such as Instagram can provide users with several types of information and knowledge¹¹.

Nutrition is one thing that is important and very needed by the body. Nutrition functions as a builder and repair of several tissues so the body can work as it should. The nutrition that the body gets must be good and sufficient nutrition for the body. In this case, if the body receives excess or less nutrition, this is certainly not good for the body and will certainly have side effects for the body and health. Various kinds of research were conducted related to the title above; here are the results of the author's analysis regarding the use of Instagram media as a media for nutrition education¹².

Table 1. Literature search results

Research Titles	Design and Population	Research results	Research Conclusion	References
The Effect of Nutrition Education Using Instagram on Behavioral Changes in Balanced Nutrition for Prevention of Anemia in Young Girls at SMAN 2 Padang	Quasy experimental design and female students aged 14-17 years (n = 60)	Based on the results of the significant difference in knowledge scores, a p-value of 0.004, attitude, a p-value of 0.323, and action, p value of 0.482 between the Instagram and WhatsApp groups, indicated by the statistical test results obtained.	The study concludes that providing nutrition education through Instagram influences adolescent girls' knowledge of a balanced diet.	4
Utilization of Social Media in Disseminating Reproductive Health and Nutrition for Women	Qualitative descriptive design and organization of Aisyiyah Jogjakarta (n=3)	According to research, the results of her study stated that "In expanding the availability of nutrition and reproductive health information, Aisyiyah made a new breakthrough by using social media as a means of communication in addition to real activities, such as Instagram and others through social media, special media, and belongs to Muhammadiyah".	The results of this study can describe the use of social media by Aisyiyah specifically to promote female reproduction and nutrition.	13
The Effect of Nutrition Education Through Instagram With Power Point About Vegetables and Fruits on Students	Quasy experimental design and students of SMA Malnu Pusat Menes (n=66)	Wilcoxon's results showed a significant difference in both groups' data before and after the vegetable and fruit training $p=0.00$ (<0.05). The results of the Mann-Whitney test showed a mean difference between the two groups of $p = 0.00$ (pandit; 0.05).	Vegetable and fruit nutrition education using Instagram has a more significant impact on increasing knowledge.	8
Social Media-Based Nutrition Education Increases Knowledge and Energy-Protein Intake of Young Women with Chronic Energy Deficiency (KEK).	Quasy experimental design and SMA Negeri 5 Purwokerto (n=56)	Before and after nutrition education, there are differences in the knowledge of nutrition, energy consumption, and protein consumption between rural ($p = 0.000$) and urban ($p = 0.000$)	Before and after social media-based nutrition education, there were differences in the nutritional knowledge, calorie consumption, and	14

Research Titles	Design and Population	Research results	Research Conclusion	References
Instagram, Facebook and Adolescent Nutrition Knowledge.	Cross-sectional design and population of 91 adolescents aged 14-16 years SMA/SMK/MA Denpasar city	populations. Between rural and urban areas, there was no difference in the rise in dietary data ($p = 0.899$), calorie intake ($p = 0.426$), or protein intake ($p = 0.663$). The findings revealed a connection between the use of Instagram post content and teenage snack-choice behavior with a p-value of $(0.000) < 0.05$.	protein intake between rural and urban populations. The use of positive health-oriented message content when looking for various choices of healthy snack menus affects good food selection behavior, leading to participation in the consumption of these foods.	15
Nutrition education via "instagram" and motivational interviewing for weight loss motivation and physical activity in obese female students.	Quasy experimental design and student 18-23 Diponegoro University	Group P1 experienced the greatest mean increase in motivation to lose weight (109.86 to 126.43), followed by group P2 (114.85 to 121.69) and group K (105.30 to 112.90). The biggest mean increases in total physical activity (measured in MET units) were in groups P1 (1341 to 2572), P2 (1761 to 2378), and K (3404 to 1987).	There is a significant difference in the mean change in total physical and moderate physical activity between groups P1 and P2 compared to group K.	16
How do dietitians on instagram teach? The potential of the kirkpatrick model in the evaluation of the effectiveness of nutritional education in social media.	Mixed methods design and population of nutritionists who have Instagram (n=10).	The information gathered demonstrates the content's relevancy, commitment, and followers' happiness with it, meeting Level 1 of the NWKM. Four out of the five dimensions in Level 2 NWKM are represented (knowledge, attitude, self-confidence, commitment). No comments were found just for talents. The KMs at Levels 3 (Behavior) and 4 (Outcome) are satisfied. However, it appears that they only occasionally use NWKM. can utilize KM to assess social media nutrition education.	Due to the growing popularity of nutrition and health education activities, demonstrating the use of KM to evaluate these activities allows the influencers doing these activities to use them. Proper evaluation of training can improve its quality.	17
Instagram, Facebook and Adolescent Nutrition Knowledge.	Quasi Experimental Research Design with Nonequivalent Control and Population of Class XI Science Students of SMAN 1 Lendah and SMAN 1 Wates each 42 teenagers.	The comparison group's pretest had a mean value of 17.36, whereas the intervention group's pretest had a mean value of 16.55, and the posttest had a mean value of 18.07. When compared to the control group, there was a difference in the	Adolescents' awareness of nutrition can be increased by using proper social media.	18

Research Titles	Design and Population	Research results	Research Conclusion	References
Instagram -based nutrition education classes to change in knowledge of healthy weight loss and diet quality obese college student.	Quasy experimental design and female students (n=40)	knowledge of adolescent nutrition before and after therapy (p = 0.000; p = 0.266). The subcomponents of basic nutritional adequacy (p = 0.026), fiber (p = 0.026), protein (p = 0.006), sodium (p = 0.016), total fat (p = 0.009), saturated fat (p = 0.024), energy consumption (p = 0.000), and carbohydrate intake (p = 0.002) were significantly different in the three groups.	Motivational interviewing and Instagram-based nutrition education can improve obese women's awareness of healthy weight reduction and help them consume less of their usual amounts of calories, carbs, sodium, total fat, and saturated fat.	19
Use of Instagram® to Educate Adolescents on Nutrition Labeling: A Feasibility Study in Selangor, Malaysia.	Quasy experimental design and the Ministry of Education, Malaysia, and the Selangor State Ministry of Education. Inclusion criteria were adolescents aged 13–14 years (n=144).	92.7% of respondents said they agreed with Info-Nutriteen® in total (program account on Instagram for nutrition). The findings demonstrated that teenagers had a good desire for and acceptance of Instagram-based schooling. Furthermore, the Info-Nutriteen® program successfully changes their nutrition labeling behaviors and attitudes.	Thus, this strategy is workable. However, to have a greater impact on adolescent awareness and the usage of nutrition labels, the Info-Nutriteen® (program account on Instagram for nutrition) program needs to be improved even more.	20

Based on research conducted by Rusdi (2021) explained the results that e-education on nutrition using Instagram has an influence and is effective in changing knowledge about balanced nutrition in young women⁴. Widarini (2019) research showed that in expanding access to information about reproductive health and nutrition, Aisyiyah has innovated by using social media as one of her media, in addition to other actual activities through majlis and media owned by Muhammadiyah¹⁰.

According to Wardhani's research findings (2021), nutrition education on chronic energy deficiency through social media increased the knowledge of young girls at SMPN 21 Penajam Paser Utara, East Kalimantan. However, there was no improvement in the attitudes of young women at SMPN 21 Penajam Paser Utara, East Kalimantan, 18, as a result of nutrition education on chronic energy deficiency via media WhatsApp groups. The outcomes of social media applications that can be used as a medium for nutritional literacy during the COVID-19 pandemic were then explained based on research done by Sibilla and Mustakim (2021). Activities have a favorable effect, particularly on young people's awareness of a balanced diet¹⁹.

Additionally, Saskhia's research (2021) explained the findings, showing that there were variations in energy intake, fat consumption, and snack food consumption before and after instructional activities. The intake of fiber did not differ between

before and after nutrition education²⁰. Mendoan, chocolate, bakwan, and cassava chips are the most popular snack foods. Additionally, according to Yuneswati's research (2022), the knowledge of nutritional and antioxidant topics among SMA Muhammadiyah 25 Jakarta students has significantly increased as a result of explaining the study's educational outcomes using a social media bot. The majority of respondents reported having a better understanding of their compliance with using social media bots every day for 24 hours. The respondents whose access to the social media bot was disobedient tended to have knowledge levels that were either constant or even declining²¹.

Prior to receiving information via Instagram on social media, respondents' awareness of balanced nutrition in Krisdiani's research (2020) had an average value of 7.09. The average weight climbed to 7.97 after the intervention. Knowledge of balanced nutrition was significantly different before and after the intervention (p = 0.000). Before and after the intervention, there was a significant difference in knowledge about a balanced diet (p = 0.000)²².

According to research by Murdiningrum & Handayani (2021), conventional lectures come in last on the list of the most effective media for nutrition instruction, followed by social media like Instagram, Whatsapp, and Twitter, as well as a combination of lectures with videos, games, and quizzes. Given that peers

have a greater impact on attitudes and behavior in adolescence, peer group support is one of the essential elements that can offer tremendous power for the success of nutrition education programs for teenagers. According to more research, increasing adolescent nutrition knowledge is more successful when educational strategies and media are combined ²³.

According to research by Aulia (2021), there were differences in mothers' average knowledge of exclusive breastfeeding before and after social media-based nutrition education, and there were differences in mothers' moderate attitudes toward complementary breastfeeding before and after social media-based nutrition education ²⁷. Then, according to research by Ningtyas (2022), teaching students about nutrition-related information about fruits and vegetables through Instagram and PowerPoint presentations might raise their understanding, as shown by improved knowledge ratings both before and after the intervention. Following the intervention, the Instagram group experienced a greater than normal improvement in knowledge. Instagram may be a thorough tool for health education, especially in the area of nutrition ⁸.

Additionally, Khotimah's research (2019) demonstrates variations in young women in Tebas Kuala Village's understanding of anemia before and after receiving nutrition instruction via Instagram media. Protein intake varies between before and after young women in the village received nutrition education via Instagram of anemia before and after receiving nutrition instruction via Instagram media. Protein intake varies between before and after young women in the village received nutrition education via Instagram. Slice Kuala. Before and after young women in Tebas Kuala Village received nutrition education via Instagram, there were disparities in their iron intake. Before and after young women in Tebas Kuala Village received nutrition education via Instagram, their vitamin C intake varied ⁹. According to research by Zaki and Sari (2019), disparities in nutrition awareness, caloric intake, and protein intake were found in rural and urban areas before and after social media-based nutrition education. However, there was no difference between the rural and urban areas in the number of improvements in nutrition knowledge, energy intake, and protein scores ¹⁴.

The findings indicate there is a connection between adolescent behavior in selecting snacks and the use of Instagram message contents, as supported by research by Masitah & Sulistyadewi (2020). This study also revealed that teenagers utilize Instagram message content favorably to build good behavior toward selecting snacks because the use of positive message content is associated with good behavior toward choosing snacks. The choice of nutritious snacks will impact the satisfaction of nutritional requirements for ideal body growth and development during adolescence ¹⁵. Then, based on the findings of his study, Amalia (2021) revealed how motivational interviewing in conjunction with Instagram nutrition education boosts overall physical activities that support weight loss in obese women ¹⁶.

Based on research by Zieliska-Tomczak (2021), it is possible to draw the conclusion that the Kirkpatrick

Model, with the addition of the New World, has the potential for evaluating health and nutrition education carried out using social media. She explains this by giving the example of the Instagram social network. However, without additional help from influencers in defining critical behaviors, the applicability of NWKM to levels three and four appears to be constrained. The four stages of KM can be evaluated, which can help determine how well this kind of health promotion is doing in terms of its objectives. Early assessments of nutritionists' educational activities on their Instagram profiles also imply that their followers may be significantly impacted by this kind of education. English:107 words Our research demonstrates that followers find nutrition education on Instagram to be gratifying, interesting, and relevant (Level 1) and that it can help them learn more and become more committed to making lifestyle changes (Level 2), which refers to a professional shift in health behavior (Level 3). The findings also demonstrate that immediate signs point to the follower being on a great path to achieving the desired result. However, when skill-oriented content is visible on social media, KM, with the addition of NWKM, still permits its assessment. This is despite the fact that we have yet to find comments on the impact of learning content on followers' skills due to the alleged lack of teaching skills posters. Because dietetics and health education activities are becoming more popular, demonstrating that KM can be used to assess these activities encourages the influencers who conduct these programs to accept their use. The quality of education can be raised with appropriate assessment. By contacting influencers and followers and obtaining information from them, for example, through one-on-one in-depth interviews, future research should build on the findings of this study. This allows you to understand their perspectives and attitudes toward nutrition education and provide a thorough evaluation of your educational efforts (especially at the 3 and 4 km levels) ¹⁷.

According to Masitah's (2018) findings, the nutrition education group using social media (Facebook and Instagram) had higher posttest average posttest knowledge of adolescent nutrition than the control group (18.75). In the nutrition education group using social media (Facebook and Instagram), statistical tests revealed differences in adolescent nutrition knowledge before and after treatment with a value of $p = 0.000$. Social media usage done properly can improve adolescent nutrition knowledge ¹⁸. Additionally, according to research by Mulyani (2018), teaching nutrition education classes based on Instagram and motivational interviewing can help obese women of childbearing age understand healthy weight loss and reduce their intake of calories, carbohydrates, staple foods, total fat, saturated fat, and sodium. The frequency of motivational interviewing and nutrition education workshops offered for more than two months are suggested as areas for further research in order to assist obese women of reproductive age in improving all aspects of diet quality ¹⁹. Finally, it has been determined that nutrition education via Instagram is appropriate and effective in changing adolescents' attitudes and practices regarding nutrition labels based on research conducted by Jefrydin (2020), who provided

the results of a study showing good demand for and acceptance of Instagram-based nutrition education among adolescents. However, this study also demonstrates that Info-Nutriteen should be improved in order to have a greater impact on adolescents' knowledge of and use of nutrition labels ²⁰.

The body needs more than just the so-called "four healthy, five ideal" kinds of nutrition to function properly. There are, however, a number of minor nutrients, including iron, phosphorus, and others. According to Riskesdas data, more than 30% of adolescents have modest dietary deficits nonetheless. Dietary issues can be influenced by both internal and external causes. Internal factors are those that originate inside, such as self-awareness. Then there are factors that originate outside the body, which are instances of external influences. The body's ability to accept nutrients is one example. Of course, these intakes must be healthy in order to provide the body with a healthy diet ²⁵.

Based on the analysis related to the several journals above, people need to maintain a diet that will undoubtedly positively impact the body. There are various examples of nutrients that can be absorbed by the body properly, for example, protein, vitamins, carbohydrates, vegetable fats, and animal fats that are good for the body. The younger generation can study anytime and anywhere. The Instagram application can have a positive impact on users if appropriately managed. Also, by using the Instagram application, users can get helpful information, such as nutrition webinars, and follow these activities properly. The Instagram app is sometimes good ²⁶.

All deliberate actions are intended to persuade people to act in the manner that is expected of health professionals. To raise teenage nutrition awareness, educational media must be engaging and educational. Numerous learning mediums can be used to teach nutrition. Additionally, nutrition instruction can be spread via social media ²⁷. Instagram is anticipated to develop into a platform for nutrition education that allows young people to communicate and exchange dietary information that can enhance nutrition awareness since social media can be used as a tool for public health education ²⁸.

The body depends on nutrition and finds it important. In order for the body to function as it should, nutrition works as a tissue builder and repairer. The body needs an adequate diet that is both sufficient and appropriate for it. If the body receives too much or too little nutrition in this scenario, it is undoubtedly bad for the body and will have negative repercussions on its health. Various types of studies have been done in relation to the previous title. Here are the findings of the author's analysis of how Instagram media can be used to promote nutrition ²⁹. The body requires more than just the so-called "four healthy, five perfect" kinds of nutrition ³⁰. There are, however, many other micronutrients, including phosphorus, iron, and others. However, according to data from Riskesdas (2018), a minority of over 30% of adolescents are undernourished. Eating disorders can be brought on by a variety of internal and environmental circumstances. Internal elements are

those that originate internally, like self-esteem. Then, for instance, external influences are elements that originate from without. Taking in food that the body can absorb and nutrient assimilation are two examples. Of course, the input must be healthy for the body to receive a balanced diet ³¹.

Younger people can study anywhere, at any time. If properly handled, Instagram's social media can have a good effect on its users. Additionally, Instagram's social media platform enables users to correctly monitor these events and obtain useful information, such as nutrition seminars. The Instagram app can be useful at times. This research evaluation supports Kartini's (2020) finding that there is a link between students' nutrition awareness and nutrition instruction. However, there is no difference in the likelihood of influencing adolescents' views and behaviors, which would affect their eating and nutritional value, between nutrition instruction offered through Instagram media and this option ³⁵. Similarly, according to research by Kemenkes RI (2014), Instagram's nutrition-related information is of poor quality. As a result of the altered material, a chance post-search cannot offer visitors useful nutritional information. It is essential to share more excellent information via social media platforms due to their potential to reach a wide audience. Organizations and individuals who are interested in nutrition should do more to help social media users by sharing high-quality information ³³.

CONCLUSIONS

Nutrition is one thing that is important and very needed by the body. The younger generation can study anytime and anywhere. The Instagram application can have a positive impact on users if managed properly. Not only that, by using the Instagram application, users can get useful information such as webinars related to nutrition and users can follow these activities properly. In this paper, the researchers would like to advise people throughout Indonesia to maintain their health by paying attention to good nutrition for the body. In addition, the authors also want to convey suggestions to future researchers to conduct research related to this because this research has limitations based on literature studies from various relevant sources such as several articles, books, journals, and other relevant sources. As for this study, it has limitations only using literature studies. The update presented in this study is to analyze the latest current research. However, it is possible to avoid analyzing previous studies.

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