

ABSTRAK

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HUBUNGAN POLA KONSUMSI JUNK FOOD DAN AKTIVITAS FISIK
DENGAN STATUS GIZI PADA MAHASISWA INDEKOS JURUSAN GIZI DI
POLITEKNIK KESEHATAN KEMENKS SURABAYA

xv + 70 Halaman + 15 Tabel + 7 Lampiran

Latar Belakang: Perubahan gaya hidup di era modern menyebabkan peningkatan konsumsi junk food yang tinggi kandungan kalori, lemak, gula, dan garam, namun rendah serat serta mikronutrien. Dalam upaya meningkatkan kualitas kesehatan masyarakat, peran tenaga profesional di bidang gizi menjadi sangat penting. Jurusan gizi Poltekkes Kemenkes Surabaya melahirkan nutrisionist yang berperan dalam kegiatan promotif dan preventif yang nantinya mereka akan menjadi edukator sehingga dibutuhkan calon – calon nutrisionist yang memiliki perilaku konsumsi yang baik. **Tujuan Penelitian:** Mengetahui hubungan pola konsumsi junk food dan aktivitas fisik dengan status gizi. **Metode penelitian:** menggunakan studi observasional analitik dengan desain cross sectional. Sampel diambil menggunakan proportional random sampling sebanyak 77 mahasiswa. Data diperoleh melalui wawancara dengan kuesioner SQ-FFQ dan kuesioner aktivitas fisik berdasarkan PAL. Status gizi ditentukan dari pengukuran berat dan tinggi badan responden. **Hasil Penelitian:** menunjukkan sebagian responden memiliki pola konsumsi junk food yang kurang baik (84,4%), aktivitas fisik ringan (44,2%), dan status gizi normal (62,3%). Analisis chi-square menunjukkan tidak terdapat hubungan yang signifikan antara konsumsi junk food dengan status gizi ($p = 0,578$), namun terdapat hubungan signifikan antara aktivitas fisik dengan status gizi ($p = 0,021$). **Kesimpulan Penelitian:** Aktivitas fisik memiliki pengaruh yang signifikan terhadap status gizi mahasiswa, sedangkan pola konsumsi *junk food* tidak menunjukkan hubungan yang signifikan. Diperlukan peningkatan kesadaran akan pentingnya aktivitas fisik dan pemilihan makanan sehat bagi mahasiswa yang tinggal di indekos.

Kata Kunci : *Junk food*, Aktivitas Fisik, Status Gizi

Daftar bacaan : 1 Buku, 34 Jurnal (2017 – 2024)

ABSTRACT

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ASSOCIATION BETWEEN JUNK FOOD CONSUMPTION PATTERNS AND PHYSICAL ACTIVITY WITH NUTRITIONAL STATUS AMONG BOARDING NUTRITION STUDENTS AT POLTEKKES KEMENKES SURABAYA

xv + 70 Pages + 15 Tables + 7 Appendices

Background: Lifestyle changes in the modern era have resulted in increased consumption of junk food, which is high in calories, fat, sugar, and salt, yet low in fiber and essential micronutrients. To enhance public health quality, the role of nutrition professionals is crucial. The Nutrition Department of the Ministry of Health in Surabaya produces nutritionists who are actively involved in promotive and preventive efforts, and who are expected to serve as educators. Therefore, it is essential to prepare prospective nutritionists with healthy dietary habits. **Research Objective:** To examine the association between patterns of junk food consumption and levels of physical activity with nutritional status. **Research method:** This research employed an analytical observational design with a cross-sectional approach. The sampling technique used was proportional random sampling, involving a total of 77 students. Data were collected through interviews utilizing the Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ) and physical activity questionnaires based on Physical Activity Level (PAL). Nutritional status was assessed through measurements of respondents' body weight and height. **Research Results:** The findings indicated that a portion of respondents exhibited poor junk food consumption patterns (84.4%), engaged primarily in light physical activity (44.2%), and had normal nutritional status (62.3%). Chi-square test results revealed no statistically significant association between junk food consumption patterns and nutritional status ($p = 0.578$). However, a significant relationship was found between physical activity and nutritional status ($p = 0.021$). **Research Conclusion:** Physical activity was found to have a significant influence on students' nutritional status, whereas junk food consumption patterns showed no significant association. Enhancing awareness regarding the importance of regular physical activity and healthy dietary choices is essential, particularly for students residing in boarding houses.

Keywords: *Junk food*, Physical Activity, Nutritional Status

Reading list: 1 book, 34 journals (2017 – 2024)