

## ABSTRAK

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HUBUNGAN KONSUMSI MAKANAN CEPAT SAJI DENGAN ZAT GIZI MAKRO DAN ZAT GIZI MIKRO PADA REMAJA PUTRI DI SMK AL-IRSYAD SURABAYA

1x + 98 Halaman + 31 Tabel + 8 Lampiran

**Latar belakang:** Makanan cepat saji yang tinggi kalori, lemak, dan natrium serta rendah serat, vitamin, dan mineral menjadi bagian dari pola makan remaja, termasuk remaja putri. Kebiasaan ini berisiko memengaruhi kecukupan zat gizi makro dan mikro yang penting pada masa pertumbuhan. **Tujuan:** Penelitian ini bertujuan untuk menganalisis hubungan antara konsumsi makanan cepat saji dengan asupan zat gizi makro (energi, karbohidrat, protein, lemak) dan mikro (vitamin A, vitamin C, zat besi, seng, kalsium, dan magnesium) pada remaja putri di SMK Al-Irsyad Surabaya. **Metode:** Penelitian ini menggunakan pendekatan kuantitatif dengan desain *cross-sectional*. Sampel diambil secara *simple random sampling* dari siswi SMK Al-Irsyad. Data dikumpulkan melalui wawancara menggunakan kuesioner *Semi Quantitative Food Frequency Questionnaire (SQ-FFQ)* dan dianalisis dengan uji *Spearman Rank*. **Hasil:** Hasil penelitian menunjukkan adanya hubungan yang signifikan antara konsumsi makanan cepat saji dengan berbagai zat gizi makro dan mikro pada remaja putri. Konsumsi makanan cepat saji menunjukkan korelasi positif signifikan dengan energi ( $r = 0,587$ ;  $p\text{-value} = 0,000$ ), protein ( $r = 0,506$ ;  $p\text{-value} = 0,000$ ), dan lemak ( $r = 0,566$ ;  $p\text{-value} = 0,000$ ), serta korelasi positif lemah signifikan dengan karbohidrat ( $r = 0,399$ ;  $p\text{-value} = 0,000$ ). Untuk zat gizi mikro, konsumsi makanan cepat saji berkorelasi positif signifikan dengan vitamin C ( $r = 0,454$ ;  $p\text{-value} = 0,000$ ), seng ( $r = 0,532$ ;  $p\text{-value} = 0,000$ ), magnesium ( $r = 0,462$ ;  $p\text{-value} = 0,000$ ), zat besi ( $r = 0,259$ ;  $p\text{-value} = 0,044$ ), dan kalsium ( $r = 0,256$ ;  $p\text{-value} = 0,047$ ). Namun, tidak ditemukan korelasi signifikan antara konsumsi makanan cepat saji dengan vitamin A ( $r = 0,207$ ;  $p\text{-value} = 0,110$ ). **Kesimpulan:** Konsumsi makanan cepat saji secara signifikan berhubungan dengan peningkatan asupan beberapa zat gizi makro dan mikro. Semakin tinggi frekuensi konsumsi, semakin besar pula asupan zat gizi, meskipun belum mencakup seluruh komponen yang dibutuhkan tubuh, seperti vitamin A.

**Kata Kunci:** Makanan cepat saji, zat gizi makro, zat gizi mikro, remaja putri

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## ABSTRACT

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CORRELATION BETWEEN FAST FOOD CONSUMPTION WITH  
MACRONUTRIENTS AND MICRONUTRIENTS AMONG FEMALE  
ADOLESCENT AT SMK AL-IRSYAD SURABAYA

1x + 98 Pages + 31 Tables + 8 Appendices

**Background:** Fast food, which is high in calories, fat, and sodium but low in fiber, vitamins, and minerals, has become part of adolescents' dietary patterns, including among female teenagers. This habit poses a risk to the adequacy of macro- and micronutrient intake, which is essential during the growth period.

**Objective:** This study aims to analyze the relationship between fast food consumption and the intake of macronutrients (energy, carbohydrates, protein, fat) and micronutrients (vitamin A, vitamin C, iron, zinc, calcium, and magnesium) among female students at SMK Al-Irsyad Surabaya. **Methods:** This quantitative research used a cross-sectional design. The sample consisted of female students selected through simple random sampling. Data were collected via interviews using the Semi Quantitative Food Frequency Questionnaire (SQ-FFQ) and analyzed using the Spearman rank correlation test. **Results:** The findings indicated a significant correlation between fast food consumption and various macro- and micronutrient intakes among female adolescents. Fast food consumption showed a significant positive correlation with energy ( $r = 0.587$ ;  $p\text{-value} = 0.000$ ), protein ( $r = 0.506$ ;  $p\text{-value} = 0.000$ ), and fat ( $r = 0.566$ ;  $p\text{-value} = 0.000$ ), as well as a weak significant positive correlation with carbohydrates ( $r = 0.399$ ;  $p\text{-value} = 0.000$ ). For micronutrients, fast food consumption was significantly positively correlated with vitamin C ( $r = 0.454$ ;  $p\text{-value} = 0.000$ ), zinc ( $r = 0.532$ ;  $p\text{-value} = 0.000$ ), magnesium ( $r = 0.462$ ;  $p\text{-value} = 0.000$ ), iron ( $r = 0.259$ ;  $p\text{-value} = 0.044$ ), and calcium ( $r = 0.256$ ;  $p\text{-value} = 0.047$ ). However, no significant correlation was found between fast food consumption and vitamin A ( $r = 0.207$ ;  $p\text{-value} = 0.110$ ). **Conclusion:** This quantitative research used a cross-sectional design. The sample consisted of female students selected through simple random sampling. Data were collected via interviews using the Semi Quantitative Food Frequency Questionnaire (SQ-FFQ) and analyzed using the Spearman rank correlation test.

**Keywords:** fast food, macronutrients, micronutrients, adolescent girls

**Reading List :** 3 Books, 95 Journals (2011-2025)