

ABSTRAK

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HUBUNGAN JUMLAH UANG SAKU DAN KEBIASAAN KONSUMSI *FAST FOOD* DENGAN STATUS GIZI PADA REMAJA DI SMP YAYASAN PENDIDIKAN 17 SURABAYA

vii + 61 Halaman + 14 Tabel + 9 Lampiran

SMP Yayasan Pendidikan 17 Surabaya ialah sekolah yang ada di wilayah kota dengan mudahnya akses pada *fast food*. Kemudahan ini didukung oleh jumlah uang saku yang tinggi pada remaja, yang berpotensi memberi dampak pada kebiasaan makan serta status gizi mereka. Penelitian ini ditujukan untuk mencari tahu keterkaitan diantara total uang saku dan kebiasaan konsumsi *fast food* dengan status gizi pada remaja di SMP Yayasan Pendidikan 17 Surabaya

Penelitian ini memakai metode *observasional* analitik dengan pendekatan *cross-sectional*. Populasi pada analisis ini ialah semua siswa aktif SMP Yayasan Pendidikan 17 Surabaya tahun ajaran 2024/2025. Sampel sebanyak 89 responden dipilih dengan rumus *Slovin* dan teknik *proportional random sampling*. Pengumpulan data dilaksanakan melalui kuesioner uang saku dan *food frequency questionnaire* (FFQ), dan pengukuran BB dan TB untuk menentukan status gizi menurut Indeks Massa Tubuh menurut Umur (IMT/U) sesuai Permenkes No. 2 Tahun 2020. Analisis data memakai *uji chi-square*.

Hasil penelitian menyatakan mayoritas responden punya uang saku tinggi (\geq Rp10.000/hari) sebesar 80,9%, dan frekuensi konsumsi *fast food* sering (\geq 3 kali/minggu) sebesar 70,8%. Status gizi responden menunjukkan 60,7% memiliki status gizi normal, 21,3% gizi lebih, dan 12,4% obesitas. Terdapat hubungan yang signifikan antara total uang saku dengan kebiasaan konsumsi *fast food* ($p=0,000$), jumlah uang saku dengan status gizi ($p=0,002$), dan kebiasaan konsumsi *fast food* dengan status gizi ($p=0,002$). Aspek yang paling dominan memberi dampak pada status gizi ialah kebiasaan konsumsi *fast food*. Terdapat hubungan jumlah uang saku dan kebiasaan konsumsi *fast food* dengan status gizi pada remaja di smp yayasan pendidikan 17 surabaya.

Kata Kunci: Uang Saku, *Fast Food*, Status Gizi, Remaja

Daftar Bacaan: 6 Buku + 39 jurnal ilmiah (2020-2025)

ABSTRACT

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THE RELATIONSHIP BETWEEN POCKET MONEY AND FAST FOOD CONSUMPTION HABITS WITH NUTRITIONAL STATUS IN ADOLESCENTS AT SMP YAYASAN PENDIDIKAN 17 SURABAYA

viii + 61 Pages + 14 Tables + 9 Appendices

SMP Yayasan Pendidikan 17 Surabaya is a school located in an urban area with high accessibility to fast food. This condition is supported by the relatively large amount of pocket money among adolescents, which potentially influences their eating habits and nutritional status. The objective of this study was to investigate the relationship between pocket money, fast food consumption, and nutritional status of students at SMP Yayasan Pendidikan 17 Surabaya.

This research employed an analytical observational design with a cross-sectional approach. The population consisted of all active students in the 2024/2025 academic year. A total of 89 students were selected as respondents using the Slovin formula and proportional random sampling to ensure representative distribution. Data collection involved two instruments: a questionnaire to assess pocket money and a Food Frequency Questionnaire (FFQ) to measure fast food consumption. Anthropometric measurements of body weight and height were taken to evaluate nutritional status using the Body Mass Index-for-Age (BMI/A) criteria based on Indonesian Ministry of Health Regulation No. 2 of 2020. Data were analyzed using the Chi-square test.

The results showed that most respondents had high pocket money (\geq Rp10,000/day) at 80.9%, while 70.8% consumed fast food frequently (\geq 3 times/week). Nutritional status assessment revealed that 60.7% were normal, 21.3% overweight, and 12.4% obese. The analysis indicated significant relationships between pocket money and fast food consumption ($p=0.000$), pocket money and nutritional status ($p=0.002$), and fast food consumption and nutritional status ($p=0.002$). These findings suggest that fast food consumption had the strongest influence on the nutritional status of adolescents.

The study highlights that students with higher pocket money tend to consume fast food more frequently, which in turn affects their nutritional status. The implications underscore the importance of parental monitoring and school-based nutrition education to reduce the prevalence of overweight and obesity among adolescents. Additionally, interventions promoting healthier food choices, regular breakfast, and bringing home-prepared meals to school are recommended. By addressing these behavioral and environmental factors, schools and families can help adolescents develop healthier eating habits and maintain an optimal nutritional status.

Keywords: Pocket Money, Fast Food, Nutritional Status, Adolescents

References: 6 Books + 39 Scientific Journals (2020–2025)