

ABSTRAK

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HUBUNGAN KEBIASAAN KONSUMSI *FAST FOOD*, AKTIVITAS FISIK DENGAN STATUS GIZI REMAJA DI SMP NEGERI 1 DUNGKEK KABUPATEN SUMENEP

xi + 93 Halaman + 13 Tabel + 9 Lampiran

Fase remaja identik dengan kerentanan terhadap masalah gizi yang dipicu oleh pergeseran kebiasaan makan serta gaya hidup. Transformasi ini umumnya ditunjukkan melalui tingginya asupan makanan siap saji yang dibarengi dengan minimnya pergerakan jasmani. Situasi tersebut berisiko memengaruhi keseimbangan nutrisi generasi muda, yang berpotensi memicu kondisi gizi lebih maupun kurang. Riset ini dilaksanakan guna mengevaluasi korelasi antara rutinitas menyantap *fast food* serta kegiatan fisik terhadap kondisi gizi pelajar di SMP Negeri 1 Dungkek, Kabupaten Sumenep.

Metode yang diaplikasikan adalah observasional analitik dengan rancangan cross-sectional. Seluruh murid SMP Negeri 1 Dungkek menjadi populasi dalam riset ini, di mana 64 orang dipilih sebagai sampel melalui metode simple random sampling. Kuesioner Food Frequency Questionnaire (FFQ) dimanfaatkan untuk menghimpun data konsumsi makanan cepat saji, sementara data pergerakan jasmani diukur menggunakan International Physical Activity Questionnaire (IPAQ). Indikator status gizi dievaluasi melalui Indeks Massa Tubuh berdasar Umur (IMT/U). Analisis data dikerjakan lewat uji chi-square dengan batas signifikansi $p < 0,05$.

Temuan riset memaparkan bahwa mayoritas partisipan berada pada rentang usia 13–14 tahun dengan dominasi jenis kelamin perempuan. Berdasarkan uji bivariat, ditemukan korelasi yang bermakna antara rutinitas mengonsumsi makanan cepat saji dengan status gizi ($p = 0,043$). Di samping itu, sebanyak 48,4% responden memiliki status gizi normal, sedangkan 48,4% responden memiliki aktivitas fisik kategori tinggi.

Kesimpulannya, frekuensi mengonsumsi *fast food* terbukti berhubungan erat dengan status gizi remaja. Di sisi lain, aktivitas fisik tidak memperlihatkan korelasi yang signifikan. Hal ini mengindikasikan urgensi edukasi gizi bagi kalangan remaja, khususnya terkait pembatasan hidangan instan, penerapan diet berimbang, serta gaya hidup sehat demi menjaga berat badan ideal.

Kata Kunci: *Fast food*, Aktivitas Fisik, Status Gizi, Remaja

Referensi: 4 buku (2010–2022)

ABSTRACT

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THE RELATIONSHIP BETWEEN FAST FOOD CONSUMPTION HABITS, PHYSICAL ACTIVITY AND ADOLESCENT NUTRITIONAL STATUS AT SMP NEGERI 1 DUNGKEK, SUMENEP REGENCY

xi + 93 Pages + 13 Tables + 9 Appendices

The adolescent phase is synonymous with vulnerability to nutritional problems triggered by shifts in eating habits and lifestyles. This transformation is generally shown through the high intake of ready-to-eat foods accompanied by a lack of physical movement. This situation risks affecting the nutritional balance of the younger generation, which has the potential to trigger more or less nutritional conditions. This research was carried out to evaluate the correlation between fast food eating routines and physical activity on the nutritional condition of students at SMP Negeri 1 Dungkek, Sumenep Regency.

The method applied was observational analysis with a cross-sectional design. All students of SMP Negeri 1 Dungkek became the population in this research, where 64 people were selected as samples through the simple random sampling method. The Food Frequency Questionnaire (FFQ) was used to collect fast food consumption data, while physical movement data was measured using the International Physical Activity Questionnaire (IPAQ). Nutritional status indicators were evaluated through the Age-based Body Mass Index (BMI/U). Data analysis was carried out through a chi-square test with a significance limit of $p < 0.05$.

The research findings explained that the majority of participants were in the age range of 13–14 years with the predominance of the female gender. Based on the bivariate test, a meaningful correlation was found between the routine of consuming fast food and nutritional status ($p = 0.043$). In addition, as many as 48.4% of respondents had normal nutritional status, while 48.4% of respondents had high category physical activity.

In conclusion, the frequency of consuming fast food has been shown to be closely related to the nutritional status of adolescents. On the other hand, physical activity does not show a significant correlation. This indicates the urgency of nutrition education for adolescents, especially related to the restriction of instant meals, the implementation of a balanced diet, and a healthy lifestyle to maintain an ideal weight.

Keywords: Fast food, Physical Activity, Nutritional Status, Adolescents

References: 4 books (2010–2022)