

ABSTRAK

Afifah Syawalia Putri Utomo

GAMBARAN POLA KONSUMSI *JUNK FOOD* DAN STATUS GIZI PADA
SISWA SISWI KELAS 11 DI SMAN 21 SURABAYA

1x + 75 halaman + 7 tabel + 9 lampiran

Latar belakang Masa remaja merupakan periode pertumbuhan dan perkembangan yang pesat sehingga memerlukan asupan gizi yang optimal. Pada periode ini, remaja rentan mengalami masalah gizi akibat pola makan yang tidak seimbang, salah satunya karena kebiasaan mengonsumsi *junk food*. **Tujuan** penelitian ini bertujuan untuk mengetahui gambaran pola konsumsi *junk food* dan status gizi pada siswa siswi kelas 11 di SMAN 21 Surabaya. **Metode** Jenis penelitian ini adalah deskriptif dengan desain *cross-sectional*. Sampel penelitian ditentukan menggunakan teknik *proportional random* sampling. Data pola konsumsi *junk food* dikumpulkan menggunakan formulir *Semi Quantitative Food Frequency*, sedangkan status gizi diukur melalui pengukuran antropometri meliputi berat badan dan tinggi badan kemudian dihitung berdasarkan IMT.

Hasil penelitian menunjukkan bahwa sebagian besar siswa berjenis kelamin perempuan sebanyak 48 siswa (61,5%) dan mayoritas berusia 17 tahun sebanyak 54 siswa (69,2%). Pola konsumsi *junk food* siswa sebagian besar termasuk kategori sering yaitu sebanyak 40 siswa (51,3%) sedangkan kategori jarang sebanyak 38 siswa (48,7%). Status gizi responden sebagian besar berada pada kategori obesitas sebanyak 40 siswa (51,3%), status gizi normal sebanyak 30 siswa (38,5%), dan berat badan kurang sebanyak 8 siswa (10,3%).

Kesimpulan penelitian ini menunjukkan bahwa sebagian besar siswa kelas 11 di SMAN 21 Surabaya memiliki pola konsumsi *junk food* yang sering dan status gizi obesitas. Oleh karena itu, diperlukan edukasi mengenai pola makan sehat, gizi seimbang, dan peningkatan aktivitas fisik untuk mencegah terjadinya masalah gizi pada remaja.

Kata Kunci: *junk food, pola konsumsi, status gizi, remaja*

Daftar bacaan: 10 buku dan 20 jurnal ilmiah (2016-2025)

ABSTRACT

Afifah Syawalia Putri Utomo

DESCRIPTION OF JUNK FOOD CONSUMPTION PATTERNS AND NUTRITIONAL STATUS AMONG 11TH GRADE STUDENTS AT SMAN 21 SURABAYA

1x + 75 pages + 7 tabels + 9 appendices

Background Adolescence is a period of rapid growth and development that requires optimal nutritional intake. During this period, adolescents are vulnerable to nutritional problems caused by unhealthy eating patterns, one of which is the habit of consuming junk food. **Objective** This study aimed to determine the description of junk food consumption patterns and nutritional status among 11th grade students at SMAN 21 Surabaya. **Methods** This study used a descriptive method with a cross-sectional design. The sample consisted of 78 students selected using proportional random sampling technique. Data on junk food consumption patterns were collected using the Semi Quantitative Food Frequency form, while nutritional status was assessed through anthropometric measurements including body weight and height, then calculated using BMI.

Results showed that most respondents were female, totaling 48 students (61.5%), and the majority were 17 years old, totaling 54 students (69.2%). Most respondents had frequent junk food consumption patterns, totaling 40 students (51.3%), while 38 students (48.7%) had infrequent consumption patterns. Most respondents were categorized as obese, totaling 40 students (51.3%), while 30 students (38.5%) had normal nutritional status and 8 students (10.3%) were underweight. **Conclusion** in conclusion, most 11th grade students at SMAN 21 Surabaya had frequent junk food consumption patterns and obese nutritional status. Therefore, education regarding healthy eating patterns, balanced nutrition, and increased physical activity is needed to prevent nutritional problems among adolescents.

Keywords: junk food, consumption patterns, nutritional status, adolescents

References: 10 books and 20 scientific journals (2016-2025)