

ABSTRAK

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HUBUNGAN TINGKAT FREKUENSI KONSUMSI *JUNK FOOD* DENGAN KEJADIAN *OVERWEIGHT* PADA REMAJA DI SMP WIJAYA SURABAYA

1 x + 121 Halaman + 15 Tabel + 14 Lampiran

Latar Belakang : Tingkat frekuensi konsumsi *Junk Food* secara intensif pada remaja berpotensi meningkatkan Risiko *Overweight*. Studi pendahuluan pada 20 siswa SMP Wijaya Surabaya menunjukkan 30% (6 siswa) mengalami *Overweight*.

Tujuan : Menganalisis hubungan tingkat frekuensi konsumsi *Junk Food* dengan kejadian *Overweight* pada remaja di SMP Wijaya Surabaya. **Metode :** Penelitiann observasional analitik dengan pendekatan *Cross-Sectional*. Sebanyak 59 siswa dipilih menggunakan *Proportional Random Sampling*. Data frekuensi konsumsi *Junk Food* diperoleh melalui *Junk Food Intake Measure (JFIM)* dan *Semi Quantitative Food Frequency Questionnaire (SQ-FFQ)*, sedangkan status gizi ditentukan berdasarkan IMT/U. Analisis bivariat menggunakan uji *Chi-Square* dengan $\alpha=0,05$. **Hasil :** Mayoritas responden berusia 14 tahun (38,98%) sebanyak 23 siswa, dan perempuan (88,13%) sebanyak 52 siswa. Berdasarkan *JFIM*, (50,85%) sebanyak 30 siswa berada pada kategori tinggi. Berdasarkan *SQ-FFQ* (74,58%) sebanyak 44 siswa memiliki frekuensi konsumsi sering dan 91,52% sebanyak 54 siswa mengonsumsi jenis *Junk Food* dalam kategori tinggi. *Overweight* ditemukan pada 15 siswa (25,42%). Terdapat hubungan yang signifikan antara skor *JFIM* dan kejadian *Overweight* ($p=0,011$), sedangkan frekuensi konsumsi ($p=0,483$) dan jenis *Junk Food* ($p=1,000$) tidak berhubungan yang signifikan. **Kesimpulan :** Skor *JFIM* berhubungan yang signifikan dengan kejadian *Overweight*, sedangkan frekuensi dan jenis *Junk Food* tidak berhubungan secara signifikan pada remaja di SMP Wijaya Surabaya.

Kata Kunci: *Junk Food*, Tingkat Frekuensi Konsumsi, *Overweight*, Remaja.

ABSTRAC

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The RELATIONSHIP BETWEEN JUNK FOOD CONSUMPTION FREQUENCY AND OVERWEIGHT STATUS AMONG ADOLESCENTS AT SMP WIJAYA SURABAYA

1 x + 121 Pages + 15 Tables + 14 Appendices

Background: *Intensive Junk Food consumption frequency among adolescents may increase the risk of Overweight. A preliminary study involving 20 students at SMP Wijaya Surabaya showed that 30% (6 students) were Overweight. Objective:* *To analyze the relationship between the frequency of Junk Food consumption and the incidence of Overweight among adolescents at SMP Wijaya Surabaya. Methods:* *This study used an analytical observational design with a cross-sectional approach. A total of 59 students were selected using proportional random sampling. Data on Junk Food consumption frequency were collected using the Junk Food Intake Measure (JFIM) and Semi Quantitative Food Frequency Questionnaire (SQ-FFQ), while nutritional status was determined based on BMI-for-age (BMI/A). Bivariate analysis was performed using the Chi-Square test with $\alpha=0.05$. Results:* *The majority of respondents were 14 years old (38.98%; 23 students) and female (88.13%; 52 students). Based on the JFIM, 50.85% (30 students) were in the high category. Based on the SQ-FFQ, 74.58% (44 students) had a frequent consumption frequency, and 91.52% (54 students) consumed a high variety of Junk Food. Overweight was found in 15 students (25.42%). A significant relationship was found between JFIM scores and Overweight ($p=0.011$), whereas consumption frequency ($p=0.483$) and types of Junk Food ($p=1.000$) were not significantly associated with Overweight. Conclusion:* *JFIM scores were significantly associated with Overweight, whereas Junk Food consumption frequency and types were not significantly associated with Overweight among adolescents at SMP Wijaya Surabaya.*

Keywords: *Junk Food, Consumption Frequency, Overweight, Adolescents.*