

ABSTRAK

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HUBUNGAN TINGKAT PENGETAHUAN GIZI DAN POLA KONSUMSI MAKANAN CEPAT SAJI (*FAST FOOD*) DENGAN STATUS GIZI PADA SISWA KELAS VIII DI SMP NEGERI 6 SURABAYA

1x + 69 Halaman + 14 Tabel + 18 Lampiran

Remaja ialah kelompok rentan pada permasalahan gizi akibat perubahan gaya hidup serta meningkatnya konsumsi makanan cepat saji yang tinggi energi, lemak, gula, serta garam. tingkatan pengetahuan gizi diduga memengaruhi perilaku makan serta status gizi. Studi ini bermaksud menganalisis korelasi tingkatan pengetahuan gizi serta pola konsumsi makanan cepat saji (*fast food*) dengan status gizi pada murid kelas VIII SMP Negeri 6 Surabaya.

Penelitian ini menerapkan desain *cross-sectional* dengan pendekatan analitik observasional yang melibatkan 79 partisipan yang dipilih lewat *proportional random sampling*. Data pengetahuan gizi didapat lewat kuesioner, pola konsumsi makanan cepat saji (*fast food*) memakai *Food Frequency Questionnaire (FFQ)*, serta status gizi ditentukan berlandaskan Indeks Massa Tubuh menurut Umur (IMT/U).

Hasil memperlihatkan mayoritas partisipan berumur 14 tahun (64,6%) serta berjenis kelamin perempuan (59,5%). Pengetahuan gizi kategori kurang 36,7% serta pola konsumsi makanan cepat saji (*fast food*) kategori buruk 54,4%. Status gizi partisipan meliputi gizi baik (31,6%), obesitas (26,6%), gizi lebih (25,3%), serta gizi kurang (16,5%). Uji Chi-Square memperlihatkan tidak ada korelasi signifikan antara tingkatan pengetahuan gizi serta status gizi ($p=0,052$), namun ada korelasi signifikan antara pola konsumsi makanan cepat saji (*fast food*) serta status gizi ($p=0,008$). Temuan ini menekankan murid sebaiknya meningkatkan kesadaran dalam memilih makanan bergizi seimbang serta membatasi konsumsi makanan cepat saji (*fast food*) guna mencegah terjadinya masalah gizi, khususnya gizi lebih serta obesitas.

Kata kunci : Remaja, Pengetahuan Gizi, Pola Konsumsi *Fast Food*, Status Gizi

Daftar bacaan : 9 buku (2003-2019)

ABSTRACT

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RELATIONSHIP BETWEEN NUTRITIONAL KNOWLEDGE AND FAST FOOD CONSUMPTION PATTERNS WITH NUTRITIONAL STATUS IN EIGHTH GRADE STUDENTS AT SMP NEGERI 6 SURABAYA

1x + 69 Pages + 14 Tables + 18 Appendices

Teenagers represent a category susceptible to dietary issues owing to lifestyle shifts and elevated intake of junk food containing high energy, lipid, glucose, and sodium. The degree of dietary understanding is hypothesized to affect dietary habits and nutritional status. This investigation intends to evaluate the correlation between the degree of dietary understanding and fast food consumption patterns with nutritional status in eighth-grade students at SMP Negeri 6 Surabaya.

This study used a cross-sectional design with an observational analytical approach involving 79 participants chosen via proportional random sampling. Dietary awareness information was gathered utilizing instruments, junk food intake designs utilizing the Food Frequency Questionnaire (FFQ), and nutritional status was calculated following the Age-Specific Body Mass Index (BMI/A).

The findings indicated that major participants were 14 years old (64.6%) and female (59.5%). Dietary understanding within the deficient classification was 36.7%, and junk food intake models within the deficient classification were 54.4%. The nutritional status of participants comprised adequate nutrition (31.6%), obesity (26.6%), overnutrition (25.3%), and undernutrition (16.5%). The Chi-Square test demonstrated that there was no meaningful correlation between the degree of dietary understanding and nutritional status ($p=0.052$), but there was a meaningful correlation between fast food consumption patterns and nutritional status ($p=0.008$). These findings emphasize that students should increase their awareness in choosing nutritionally balanced foods and limiting their consumption of fast food in order to prevent nutritional problems, particularly malnutrition and obesity.

Keywords: Adolescents, Nutritional Knowledge, Fast Food Consumption Patterns, Nutritional Status

References: 9 books (2003-2019)