

ABSTRAK

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HUBUNGAN KEBIASAAN KONSUMSI *FAST FOOD* DENGAN STATUS GIZI
PADA SISWA DI SMP 17 AGUSTUS 1945 SURABAYA

xvii + 109 Halaman + 16 Tabel + 9 Lampiran

Remaja adalah kelompok yang rentan terhadap perubahan pola makan, misalnya lonjakan asupan makanan siap saji, yang berisiko memengaruhi kondisi gizi diri mereka. Maksud kajian ini guna mengkaji korelasi antara frekuensi santap makanan instan serta tingkat gizi murid di SMP 17 Agustus 1945 Surabaya. Bentuk penyelidikan ialah riset analitis pengamatan via rancangan transversal yang mencakup 79 pelajar. Informasi asupan makanan cepat saji dihimpun memakai kuesioner frekuensi pangan (FFQ) rentang sebulan lampau, sementara kondisi nutrisi ditetapkan merujuk indeks antropometri baku WHO. Pengolahan data memakai aplikasi SPSS lewat uji chi-square. Menyajikan mayoritas partisipan berada pada kategori konsumsi *fast food* “Selalu” 65 partisipan (82,4%) serta status gizi terbanyak ialah gizi baik 29 partisipan (36,7%) serta gizi lebih 27 partisipan (34,2%). Ada korelasi yang signifikan antara kebiasaan konsumsi *fast food* serta status gizi ($p = 0,024$). Kesimpulan yang bisa diambil kajian ini ialah kebiasaan konsumsi *fast food* yang tinggi berkaitan signifikan dengan status gizi siswa di SMP 17 Agustus 1945 Surabaya, dengan proporsi gizi lebih serta gizi baik yang dominan. Sebaiknya Siswa harus meningkatkan kesadaran akan pentingnya mengonsumsi makanan bergizi serta membatasi mengonsumsi *fast food*.

Kata Kunci: *Konsumsi fast food, status gizi, remaja*

Daftar Bacaan: 42 Buku (2020-2025)

ABSTRACT

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THE RELATIONSHIP BETWEEN FAST FOOD CONSUMPTION HABITS AND NUTRITIONAL STATUS AMONG STUDENTS AT SMP 17 AGUSTUS 1945 SURABAYA

xvii + 109 pages + 16 tables + 9 appendices

Adolescents are a group vulnerable to changes in eating habits, such as increased consumption of fast food, which can impact their nutritional health. The purpose of this study was to determine the relationship between fast in nutritional intake habits plus nutritional condition among pupils at SMP 17 August 1945 Surabaya. Such constitutes exploratory analytical observation utilizing cross-sectional model engaging 79 learners. Information concerning ingestion fast food recorded utilizing questionnaire frequency food (FFQ) spanning month past, whereas tier nutrition calculated referencing z-score values compliant standard WHO. Processing data executed employing SPSS through test chi-square. Findings signify that majority respondents fell into the “Always” category for fast food consumption (65 respondents, 82.4%), and the most common nutritional status was “good nutrition” (29 respondents, 36.7%), followed by “overnutrition” (27 respondents, 34.2%). Existed significant correlation between habitual intake food instant alongside tier nutrition ($p = 0.024$). Inference drawn from study this that elevated consumption meal ready serve correlates significantly toward status nutrition pupils at SMP 17 August 1945 Surabaya, featuring categories overweight plus nutrition good becoming dominants. Learners ought elevate awareness regarding essence ingesting provisions nutritious alongside restrict consumption meals fast.

Keywords: fast food consumption, nutritional status, adolescents

References: 42 sources (2020–2025)