

ABSTRAK

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HUBUNGAN ASUPAN MAKAN, FREKUENSI KONSUMSI *FAST FOOD* DAN MINUMAN MANIS DENGAN KEJADIAN OBESITAS PADA SISWA KELAS XI MAN KOTA SURABAYA

xv + 91 Halaman + 16 Tabel + 10 Lampiran

Di ranah kesehatan masyarakat, obesitas pada usia remaja tergolong sebagai Salah satu problem kesehatan dan nutrisi yang menuntut perhatian intensif serta penanganan yang komprehensif. Salah satu faktor utama yang memicu timbulnya obesitas remaja saat ini adalah ketidakseimbangan asupan gizi serta tingginya frekuensi konsumsi makanan cepat saji (*fast food*) dan minuman berpemanis. Konsumsi makanan cepat saji umumnya dicirikan oleh kandungan kalori, lemak, dan natrium yang tinggi, sementara aneka ragam minuman berpemanis menyuplai kadar gula berlebih yang secara signifikan dapat meningkatkan kerentanan terhadap risiko obesitas. Riset ini bertujuan untuk menganalisis korelasi antara kejadian obesitas pada siswa kelas XI MAN Kota Surabaya dengan pola makan, Tingkat frekuensi konsumsi makanan cepat saji (*fast food*), serta pola kebiasaan mengonsumsi aneka minuman berpemanis. Penelitian ini mengaplikasikan metodologi observasional analitik melalui desain potong lintang (*cross-sectional*). Penelitian ini melibatkan sebanyak 82 pelajar kelas XI MAN Kota Surabaya sebagai subjek riset. Pengumpulan data frekuensi konsumsi makanan cepat saji dan minuman berpemanis dilakukan menggunakan instrumen *Food Frequency Questionnaire* (FFQ), sedangkan profil asupan zat gizi diukur melalui wawancara recall 24 jam. Penentuan status gizi responden diklasifikasikan berdasar indikator Indeks Massa Tubuh menurut Umur (IMT/U). Untuk mengevaluasi keterkaitan antarvariabel, analisis data diuji mengaplikasikan uji *Fisher's Exact Test* dan *Chi-Square*. Hasil pengujian membuktikan adanya korelasi yang bermakna secara statistik antara asupan zat gizi dan prevalensi obesitas. Secara rinci, diperoleh nilai $p\text{-value} = 0,003$ untuk energi, $p\text{-value} = 0,013$ untuk protein, $p\text{-value} = 0,000$ untuk lemak, serta $p\text{-value} = 0,000$ untuk karbohidrat. Di samping itu, teridentifikasi hubungan yang signifikan antara frekuensi konsumsi *fast food* ($p\text{-value} = 0,043$) maupun frekuensi konsumsi minuman manis ($p\text{-value} = 0,000$) terhadap kejadian obesitas. Berdasarkan temuan tersebut, dapat disimpulkan bahwa asupan makan serta frekuensi konsumsi *fast food* dan minuman manis berhubungan nyata dengan kejadian obesitas pada siswa kelas XI MAN Kota Surabaya.

Kata kunci : Obesitas remaja, asupan zat gizi, Frekuensi konsumsi, *fast food*, minuman manis

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ABSTRACT

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THE RELATIONSHIP BETWEEN FOOD INTAKE, FREQUENCY OF FAST FOOD AND SWEET DRINKS CONSUMPTION AND THE INCIDENT OF OBESITY IN GRADE XI MAN STUDENTS IN SURABAYA CITY

xv + 91 Pages + 16 Tables + 10 Appendices

In the realm of public health, adolescent obesity is classified as one of the health and nutritional problems that demands intensive attention and comprehensive management. One of the primary factors triggering adolescent obesity today is nutritional intake imbalance, coupled with a high frequency of consuming fast food and sugary beverages. Fast food consumption is generally characterized by high levels of calories, fat, and sodium, whereas various sugary drinks supply excess sugar content that can significantly increase vulnerability to the risk of obesity. This study aims to analyze the correlation between the incidence of obesity among eleventh-grade students at MAN Kota Surabaya and their dietary patterns, the frequency of fast food consumption, and the habit of consuming various sugary drinks. This study applied an analytical observational methodology utilizing a cross-sectional design. It involved a total of 82 eleventh-grade students at MAN Kota Surabaya as research subjects. Data collection on the frequency of fast food and sugary beverage consumption was carried out using the Food Frequency Questionnaire (FFQ) instrument, while nutrient intake profiles were measured through 24-hour recall interviews. The determination of respondents' nutritional status was classified based on the Body Mass Index-for-Age (BMI-for-Age) indicator. To evaluate inter-variable relationships, data were analyzed utilizing Fisher's Exact Test and the Chi-Square test. The statistical test results confirmed a significant correlation between nutrient intake and obesity prevalence. Specifically, p -values of 0.003 for energy, 0.013 for protein, 0.000 for fat, and 0.000 for carbohydrates were obtained. Furthermore, a significant relationship was identified for both fast food consumption frequency ($p = 0.043$) and sweet drink consumption frequency ($p = 0.000$) with obesity incidence. Based on these findings, it can be concluded that dietary intake, as well as the frequency of fast food and sweet drink consumption, are substantially related to obesity incidence among 11th-grade students at MAN Kota Surabaya.

Keywords: Adolescent obesity, nutritional intake, frequency of consumption, fast food, sweet drinks

References :37 Journal (2020-2025)