

ABSTRAK

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HUBUNGAN FREKUENSI KONSUMSI *FAST FOOD* DENGAN STATUS GIZI REMAJA DI MAN KOTA SURABAYA

vi + 75 halaman + 10 tabel+ 8 lampiran

Masa remaja adalah fase tumbuh kembang pesat yang memerlukan pasokan nutrisi ideal. Akan tetapi, pergeseran pola hidup memicu tingginya konsumsi santapan siap saji yang kaya akan kalori, lemak, serta natrium namun minim serat. Kebiasaan tersebut jadi salah satu pemicu utama timbulnya kendala status nutrisi, utamanya kelebihan nutrisi serta obesitas pada usia muda. di perkotaan seperti Surabaya.

Studi ini ialah penelaahan kuantitatif lewat desain belah lintang (*cross-sectional*). Sampel studi berjumlah 93 partisipan yang ditarik dari populasi siswa MAN Kota Surabaya memanfaatkan teknik *Proportional Random Sampling*. Data frekuensi konsumsi santapan siap saji dikumpulkan lewat instrumen *Semi Quantitative Food Frequency Questionnaire* (SQ-FFQ), sedangkan data status nutrisi ditetapkan lewat pengukuran antropometri bobot serta tinggi badan yang dikalkulasi berlandaskan *Z-score* IMT/U. Analisis data memanfaatkan uji korelasi *Spearman Rank*.

Hasil kajian memperlihatkan bahwasanya mayoritas partisipan berusia 16–17 tahun (74,2%) dengan proporsi perempuan 63,4%. Kebanyakan partisipan (54,8%) punya frekuensi konsumsi *fast food* yang sering. Berlandaskan indikator IMT/U, 63,4% partisipan dikategorikan obesitas serta 6,5% gizi lebih. Hasil uji *Spearman Rank* memperlihatkan nilai signifikansi $p = 0,000$ ($p < 0,05$) dengan koefisien korelasi (r_s) 0,612.

Terdapat hubungan yang signifikan dengan kekuatan hubungan yang kuat serta arah positif antara frekuensi konsumsi *fast food* dengan status gizi remaja di MAN Kota Surabaya. Semakin sering remaja mengonsumsi *fast food*, maka makin tinggi risiko peningkatan status gizi ke arah gizi lebih serta obesitas.

Kata Kunci: *Fast Food, Status Gizi, Remaja, Obesitas, IMT/U.*

Daftar Bacaan: 33 literatur (2022–2025).

ABSTRACT

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THE CORRELATION BETWEEN *FAST FOOD* CONSUMPTION
FREQUENCY AND NUTRITIONAL STATUS AMONG ADOLESCENTS AT
MAN SURABAYA CITY

vi + 75Pages +10 tabels +8 appendices

Adolescence represents a stage of rapid physical development demanding optimal nutritional intake. Nevertheless, shifts in daily habits have driven elevated consumption of fast food, which contains high levels of calories, fat, and sodium while remaining deficient in dietary fiber. Such a habit constitutes a major risk factor for nutritional status disturbances, notably overweight and obesity among youth in urban environments such as Surabaya.

This investigation was conducted as a quantitative study utilizing a cross-sectional approach. The research sample comprised 93 participants chosen from the student population at MAN Surabaya City through simple random sampling. Fast food intake frequency was recorded via a Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ), whereas nutritional status parameters were established through anthropometric evaluation of body weight and height, determined via the BMI-for-age (BMI/U) Z-score metric. Data processing was executed using the Spearman Rank correlation test.

The outcomes demonstrated that the majority of participants were aged 16–17 years (74.2%), with females accounting for 63.4%. A major proportion of subjects (54.8%) exhibited a frequent fast food consumption pattern. According to the BMI/U indicator, 63.4% of participants were classified as obese and 6.5% as overweight. The Spearman Rank statistical procedure yielded a significance value of $p = 0.000$ ($p < 0.05$) alongside a correlation coefficient (r_s) of 0.612.

A statistically significant association with a robust magnitude and positive orientation exists between fast food consumption frequency and the nutritional status of adolescents at MAN Surabaya City. The greater the frequency of fast food intake among youth, the higher the likelihood of elevated nutritional status progressing toward overweight and obesity.

Keywords: *Fast Food, Nutritional Status, Adolescents, Obesity, BMI-for-Age.*

References: 33 literatur (2022–2025).