

ABSTRAK

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HUBUNGAN KONSUMSI *FAST FOOD* DAN AKTIVITAS FISIK DENGAN KEJADIAN OBESITAS PADA REMAJA SISWA-SISWI DI SMA NEGERI 7 SURABAYA.

1x + 105 Halaman+ 11 Tabel+ 8 Lampiran

Prevalensi berat badan berlebih pada usia muda menjadi salah satu isu kesehatan masyarakat yang dipicu oleh perilaku makan dan tingkat mobilitas fisik. Penelitian ini berfokus untuk mengevaluasi hubungan interaksi antara kebiasaan mengonsumsi pakan olahan cepat saji dan taraf aktivitas fisik terhadap estimasi kasus kelebihan berat badan pada pelajar SMA Negeri 7 Surabaya.

Studi ini mempraktikkan desain observasional analitik dengan pendekatan cross- sectional. Sebanyak 78 siswa ditetapkan selaku responden dengan memakai metode pengambilan acak simpel. Data menimpa frekuensi mengonsumsi *fast food* serta kegiatan raga diperoleh lewat kuesioner, se- mentara status gizi ditetapkan bersumber pada penanda Indeks Massa Badan bagi Umur(IMT/ U) ataupun Z- Score. Ikatan antar variabel dianalisis dengan memakai *uji Chi- Square* pada tingkatan keyakinan 95%($\alpha= 0, 05$).

Hasil riset mengindikasikan kalau 45 responden(57, 7%) terletak dalam jenis kerap konsumsi santapan kilat saji. Sebagian besar partisipan, ialah 62 siswa(79, 5%), menampilkan tingkatan kegiatan raga lagi, sementara- ra 70 siswa(89, 7%) mempunyai status gizi yang wajar. Analisis bivariat menampilkan terdapatnya keterkaitan yang signifikan antara mengonsumsi *fast food* serta peristiwa kegemukan($p=0, 048$). Kebalikannya, tingkatan kegiatan raga tidak menampilkan ikatan yang berarti dengan peristiwa kegemukan($p=0, 740$).

Dari hasil riset, disimpulkan kalau pola mengonsumsi santapan kilat saji terpaut dengan peristiwa kegemukan pada siswa SMA Negara 7 Surabaya. Se- mentara itu, tingkatan kegiatan raga tidak teruji mempunyai ikatan yang signifikan dengan timbulnya kegemukan pada populasi riset ini.

Kata kunci: *fast food*, aktivitas fisik, obesitas remaja, IMT/U, status gizi

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ABSTRACT

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THE RELATIONSHIP BETWEEN FAST FOOD CONSUMPTION, PHYSICAL ACTIVITY, AND THE INCIDENCE OF OBESITY AMONG STUDENTS AT SMA NEGERI 7 SURABAYA CITY

1x 105 Pages + 11 Tables + 8 Appendices

The prevalence of excess weight among young people is a public health issue driven by dietary habits and levels of physical activity. This study focuses on evaluating the interaction between fast-food consumption habits and physical activity levels regarding the estimated prevalence of excess weight among students at SMA Negeri 7 Surabaya.

This study employed an analytic observational design with a cross-sectional approach. A total of 78 students were selected as respondents using simple random sampling. Data regarding fast-food consumption frequency and physical activity were obtained via questionnaires, while nutritional status was determined based on the Body Mass Index-for-Age (BMI/A) indicator (Z-score). The relationship between variables was analyzed using the Chi-Square test at a 95% confidence level ($\alpha = 0.05$).

The study results indicate that 45 respondents (57.7%) fell into the category of frequent fast-food consumers. The majority of participants—62 students (79.5%)—demonstrated a moderate level of physical activity, while 70 students (89.7%) had normal nutritional status. Bivariate analysis revealed a significant association between fast-food consumption and the occurrence of overweight ($p = 0.048$). Conversely, the level of physical activity showed no significant association with the occurrence of overweight ($p = 0.740$).

The study concludes that fast-food consumption patterns are associated with the occurrence of overweight status among students at SMA Negeri 7 Surabaya. Meanwhile, physical activity levels were not found to have a significant association with the development of overweight status in this study population.

Keywords: fast food, physical activity, adolescent obesity, BMI-for-age, nutritional status

References: Journals (2020–2025) Books (2018–2023) Other Sources (2004, 2019–2025)