

ABSTRAK

Remaja merupakan periode transisi yang rentan terhadap perubahan gaya hidup, seperti meningkatnya konsumsi fast food dan gaya hidup sedentary (sedentary lifestyle) yang menjadi perhatian utama karena dapat berdampak terhadap status gizi. Tujuan penelitian ini adalah untuk menganalisis hubungan antara kebiasaan konsumsi fast food dan sedentary lifestyle terhadap status gizi remaja di SMKN 32 Jakarta. Penelitian ini menggunakan desain cross sectional studi yang diukur dengan kuesioner ASAQ dan SQ-FFQ. Pemilihan responden dilakukan dengan purposive sampling, yaitu sebanyak 82 responden yang terdiri dari kelas X dan XI. Hasil dari analisis uji korelasi rank spearman menunjukkan bahwa terdapat hubungan yang signifikan antara kebiasaan konsumsi fast food terhadap status gizi dengan nilai p-value ($p=0,000$) nilai koefisien korelasi ($r = 0,457$) dan kebiasaan konsumsi fast food dengan lingkaran perut ($p=0,000$) nilai koefisien korelasi ($r = 0,424$) serta terdapat hubungan antara sedentary lifestyle dengan status gizi ($p=0,018$) nilai koefisien korelasi ($r = 0,290$) dan sedentary lifestyle dengan lingkaran perut ($p=0,007$) nilai koefisien korelasi ($r = 0,222$). Kesimpulan dari penelitian ini terdapat hubungan antara kebiasaan konsumsi fast food dan sedentary lifestyle terhadap status gizi remaja di SMKN 32 Jakarta.

Kata kunci: fast food, lingkaran perut, remaja, sedentary lifestyle, status gizi,

ABSTRAK

Adolescence is a transitional period that is vulnerable to lifestyle changes, such as increased consumption of fast food and sedentary lifestyle, which are of major concern due to their potential impact on nutritional status. This study aimed to analyze the relationship between fast food consumption habits and sedentary lifestyle on the nutritional status of adolescents at SMKN 32 Jakarta. This

study used a cross-sectional study design measured using the ASAQ and SQ-FFQ questionnaires. Respondent selection was conducted using purposive sampling, involving 82 respondents from grades 10 and 11. The results of the Spearman rank correlation test showed that there was a significant relationship between fast food consumption habits and nutritional status with a p-value ($p=0.000$) and correlation coefficient ($r = 0.584$), and between fast food consumption habits and waist circumference ($p=0.000$) with a correlation coefficient ($r = 0.574$). There was also a relationship between sedentary lifestyle and nutritional status ($p=0.037$) with a correlation coefficient ($r = 0.226$) and sedentary lifestyle and waist circumference ($p=0.041$) with a correlation coefficient ($r = 0.222$). The conclusion of this study is that there is a relationship between fast food consumption habits and sedentary lifestyle on the nutritional status of adolescents at SMKN 32 Jakarta.

Keywords: abdominal circumference, fast food, nutritional status, sedentary lifestyle, teenagers,