

DIFFERENCES IN FAST FOOD CONSUMPTION PATTERNS AND NUTRITIONAL STATUS IN ELEMENTARY SCHOOL STUDENTS IN URBAN AND RURAL AREAS IN BALI PROVINCE

ABSTACT

Fast food is favorite food for elementary school students. This study aims to determine the differences in fast food consumption patterns and nutritional status in students in urban and rural areas. This type of research is cross sectional with 69 samples in urban area students and 46 samples in rural area students. Based on the results of the study that in urban area students the consumption of fast food energy is above the average as many as 33 people (47.8%), while in rural areas students are 21 people (45.7%). The frequency of fast food consumption in urban students is 6-7 times a week as many as 42 people (60.9%), while in rural areas students are 1-2 times a week, as many as 33 people (71.7%). The type of fast food that is most often consumed by urban students is Fried Chicken as many as 23 people (33.3%). Whereas in rural areas students were Sausages of 18 people (39.1%). Nutritional status in urban area students namely obesity amounted to 11 people (15.9%). Whereas in rural areas students are obese nutritional status of 2 people (4.3%). After a difference test using Man Whitney, the study showed that there were significant differences between fast food consumption patterns and nutritional status in urban and rural students.

keywords: fast food, nutritional status, school children

PERBEDAAN POLA KONSUMSI *FAST FOOD* DAN STATUS GIZI PADA SISWA SEKOLAH DASAR DI DAERAH PERKOTAAN DAN PEDESAAN DI PROVINSI BALI

ABSTRAK

Makanan cepat saji makanan favorit bagi siswa sekolah dasar. Penelitian ini bertujuan untuk mengetahui perbedaan pola konsumsi *fast food* dan status gizi pada siswa di daerah perkotaan dan pedesaan. Jenis penelitian ini yaitu *cross sectional* dengan 69 sampel pada siswa daerah perkotaan dan 46 sampel pada siswa daerah pedesaan. Berdasarkan hasil penelitian bahwa pada siswa daerah perkotaan konsumsi *energy fast food* diatas rata-rata yaitu sebanyak 33 orang (47.8%), sedangkan pada siswa daerah pedesaan sebanyak 21 orang (45.7%). Frekuensi konsumsi *fast food* pada siswa daerah perkotaan yaitu 6-7 kali seminggu sebanyak 42 orang (60,9%), Sedangkan pada siswa daerah pedesaan yaitu 1-2 kali seminggu yaitu sebanyak 33 orang (71.7%). Jenis *fast food* yang paling sering dikonsumsi pada siswa daerah perkotaan yaitu Fried Chicken sebanyak 23 orang (33.3%). Sedangkan pada siswa daerah pedesaan yaitu Sosis sebanyak 18 orang (39.1%). Status gizi pada siswa daerah perkotaan yaitu obesitas berjumlah 11 orang (15.9%). Sedangkan pada siswa daerah pedesaan yaitu status gizi obesitas berjumlah 2 orang (4.3%). Setelah dilakukan uji perbedaan menggunakan Man Whitney, penelitian menunjukkan bahwa ada perbedaan yang signifikan antara pola konsumsi *fast food* dan status gizi pada siswa daerah perkotaan dan pedesaan.

Kata kunci: fast food, status gizi, anak sekolah