

DESCRIPTION OF OBESITY STATUS BASED ON JUNK CONSUMPTION
PATTERN FOOD STUDENT SMPK 2 HARAPAN UNTAL-UNTAL
KUTA KUTA UTARA BADUNG
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ABSTRACT

Obesity is the state of the body of a person who is overweight because of the excess amount of energy intake stored in the form of fat reserves. Prevalence of obesity in adolescent in Indonesia reach 15,3%. One of the risk factors for obesity is the habit of consuming junk food. The purpose of this study was to determine the relationship between junk food consumption and obesity status in junior high school age children. This research is an analytic research with cross sectional design to the research population that is students of class VIII SMPK 2 Harapan Untal-Untal Dalung Kuta Utara Badung as many as 80 students. The data retrieval technique is done by using FFQ semi quantitative questionnaire. Nutritional status was determined by measurement of body weight and height which results were categorized using anthropometric standards for assessment of nutritional status of adolescents according to the Indonesian Department of Health.

In the research results found that students who have more nutritional status only 25%. The average frequency of junk food consumption is 2-3 times per week, the minimum frequency is 2-3 times per week, and the maximum frequency is 9-10 times per week. Average junk food intake of 116.49 kcal per day, minimum energy intake of 66 kcal per week and maximum energy intake of 455 kcal per week. The average junk food intake of respondents was 6.12 grams per week, minimum protein intake of 1.27 grams per week, and a maximum protein intake of 14.22 grams per week. Based on the results of the study there is a tendency that those who the level of consumption of junk foodnya frequency above average more fat than the skinny.

Keywords: Obesity, Junk Food

GAMBARAN STATUS KEGEMUKAN BERDASARKAN POLA
KONSUMSI JUNK FOOD SISWA SMPK 2 HARAPAN UNTAL-UNTAL
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ABSTRAK

Kegemukan adalah keadaan tubuh seseorang yang mengalami berat badan berlebih karena kelebihan jumlah asupan energi yang disimpan dalam bentuk cadangan berupa lemak. Prevalensi kegemukan pada remaja di Indonesia mencapai 15,3%. Salah satu faktor risiko terjadinya kegemukan adalah kebiasaan mengonsumsi junk food. Tujuan penelitian ini adalah menentukan hubungan antara konsumsi junk food dengan status kegemukan pada anak usia sekolah menengah pertama. Penelitian ini adalah penelitian analitik dengan rancangan cross sectional terhadap populasi penelitian yaitu siswa kelas VIII SMPK 2 Harapan Untal-Untal Dalung Kuta Utara Badung sebanyak 80 siswa. Teknik pengambilan data dilakukan dengan menggunakan kuesioner semi kuantitatif FFQ. Status gizi ditentukan dengan pengukuran berat badan dan tinggi badan yang hasilnya dikategorikan menggunakan standar antropometri penilaian status gizi remaja menurut Depkes Indonesia.

Pada hasil penelitian didapatkan bahwa siswa yang memiliki status gizi lebih hanya 25%. Rata – rata frekuensi konsumsi junk food 2-3 kali per minggu, frekuensi minimum 2-3 kali per minggu, dan frekuensi maksimum 9-10 kali per minggu. Rata – rata asupan energi *junk food* 116,49 kkal per hari, asupan energi minimum 66 kkal per minggu dan asupan energi maksimum 455 kkal per minggu. Rata-rata asupan protein *junk food* pada responden adalah 6,12 gr per minggu, asupan protein minimum 1,27 gr per minggu, dan asupan protein maksimum 14,22 gr per minggu. Berdasarkan hasil penelitian terdapat kecenderungan bahwa mereka yang tingkat konsumsi frekuensi *junk food*nya diatas rata-rata lebih banyak yang gemuk dibandingkan dengan yang kurus.

Kata Kunci : Kegemukan, *Junk Food*