

HUBUNGAN PERILAKU KONSUMSI JUNK FOOD DI ERA PANDEMI DENGAN STATUS GIZI REMAJA SMP MUHAMMADIYAH 3 YOGYAKARTA

Lilis Nurhikmah¹, Masta Hutasoit²
Email: lilisnurhikmah99@gmail.com

INTISARI

Latar Belakang: Pandemi covid-19 yang terjadi di Indonesia mengharuskan remaja untuk menerapkan pola hidup sehat salah satunya dalam pemenuhan gizi. Gizi yang seimbang akan membantu remaja dalam peningkatan daya tahan tubuhnya, sehingga akan mencegah remaja terinfeksi virus covid-19. Salah satu upaya untuk mempertahankan status gizi yang baik pada remaja yaitu dengan menghindari konsumsi *junk food* yang berlebihan karena dapat menyebabkan timbulnya masalah gizi yaitu kegemukan ataupun obesitas.

Tujuan: Untuk mengetahui hubungan perilaku konsumsi *junk food* di era pandemi dengan status gizi remaja SMP Muhammadiyah 3 Yogyakarta.

Metode: Desain penelitian yang digunakan dalam penelitian ini yaitu penelitian kuantitatif dengan pendekatan *cross sectional*. Pengambilan sampel dilakukan dengan *stratified random sampling* dengan jumlah responden sebanyak 71 responden sesuai dengan kriteria inklusi dan eksklusi. Instrumen yang digunakan pada penelitian ini yaitu *Food Frequency Questionnaire* (FFQ) dan penimbangan berat badan serta pengukuran tinggi badan.

Hasil: Sebanyak 77,5% remaja tergolong kategori jarang mengonsumsi *junk food* dan 46,5% memiliki status gizi yang normal. Terdapat hubungan antara perilaku konsumsi *junk food* dengan status gizi remaja dibuktikan dengan nilai *p-value* 0,001 dan terdapat keeratan hubungan yang sangat kuat dengan hasil nilai koefisien $r = 0,930$.

Kesimpulan: Terdapat hubungan yang signifikan antara perilaku konsumsi *junk food* di era pandemi dengan status gizi remaja SMP Muhammadiyah 3 Yogyakarta remaja dengan kekuatan hubungan sangat kuat.

Kata Kunci: Perilaku Konsumsi Junk Food, Remaja, Status Gizi

¹Mahasiswa Program Studi Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

²Dosen Program Studi Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

**ASSOCIATION OF JUNK FOOD CONSUMPTION BEHAVIOR IN THE
PANDEMIC ERA WITH THE NUTRITIONAL STATUS OF SMP
MUHAMMADIYAH 3 YOGYAKARTA**

Lilis Nurhikmah¹, Masta Hutasoit²
Email: lilisnurhikmah99@gmail.com

ABSCTRACT

Background: In order to combat the COVID-19 pandemic in Indonesia, youth must adopt a healthy lifestyle, which includes proper diet. Teenagers can strengthen their immune systems by eating a well-balanced diet, which will assist them from becoming infected with the COVID-19 virus. Avoiding excessive consumption of junk food, which can create nutritional deficiencies in adolescents, is one way to maintain excellent nutritional status.

Objective: To determine the association between junk food consumption behavior in the pandemic era and the nutritional status of adolescents at Muhammadiyah 3 Junior High School Yogyakarta.

Methods: The research design used in this research is quantitative research with approach *cross sectional*. Sampling was done by *stratified random sampling* with a total of 71 respondents according to the inclusion and exclusion criteria. The instruments used in this study were the *Food Frequency Questionnaire (FFQ)* and weighing and measuring height.

Results: As many as 77.5% of adolescents are categorized as rarely consuming junk food and 46.5% have normal nutritional status. There is a association between consumption behavior junk food and the nutritional status of adolescents as evidenced by a *p-value* of 0.001 and there is a very strong with the results of the coefficient of $r = 0.930$.

Conclusion: There is a significant association between consumption behavior *junk food* in the pandemic era and the nutritional status of adolescents at Muhammadiyah 3 Yogyakarta Junior High School as evidenced by the value $p = 0.001$ with a Gamma correlation value of 0.930, indicating a very strong indicated association correlation strength.

Keywords: Teenagers, Consumption Behavior *Junk Food*, Nutritional Status

¹Student of Nursing Study Program at Jenderal Achmad Yani University Yogyakarta

²Lecturer of Nursing Study Program at Jenderal Achmad Yani University Yogyakarta