

RELATIONSHIPS BETWEEN THE CONSUMPTION BEHAVIOR OF  
INSTANT FOOD WITH NUTRITIONAL STATUS IN STUDENTS  
SMP N 2 SENTOLO KULON PROGO DIY

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ABSTRACT

**Background:** instant food and various kinds of junk food are considered as characteristic of modern life that will take effect on the eating habits of adolescents. Instant foods in advertisements informing rich in vitamins and minerals, but these foods contain too much sugar, fat, and other additives. Excessive consumption of instant food can result in deficiencies of other nutrients (Arisman, 2004). Preliminary survey on SMP N 2 Sentolo Kulonprogo January 2011, of 10 students found them to consume food and instant food approximately 4-6 times a week, from 10 students in the IMT measurements get 5 students had a BMI > 25.0 obese category and 3 students had a BMI category <18.5 is underweight and the remaining two categories of BMI 18.8 to normal.

**Research Objectives :** Knowing the relationship the between the behavior of instant foods with nutritional status of SMP N 2 Sentolo Kulonprogo.

**ResearchMethods :**The method in this study is analytical survey method with cross sectional design. Samples were taken with a stratified random sampling technique male students and female classVII and VIII in the SMPN2 Yogyakarta Sentolo Kulonprogo of 105 students. The analysis technique used Chi Square for see there was a significant association between the consumption behavior of instant foods with nutritional status of students in SMP N 2 Sentolo Kulonprogo and instrument is food recall. This research on December 5, 2011.

**The results :** instant food consumption behavior in students at the SMP N 2 Sentolo Kulonprogo most are currently as many as 52 students (42.9%). Nutritional status of SMP N 2 Sentolo Kulonprogo mostly normal as many as 62 students (59%). The results obtained Chi Square test p-value of 0.000 <  $\alpha$  (0.05).

**Conclusion :** There was a significant association between the consumption behavior of instant foods with nutritional status of students in SMP N 2 Sentolo Kulonprogo.

**Key words :** behavior of instant foods, nutritional status

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## GAMBARAN STATUS GIZI PADA SISWA SMP 2 SENTOLO KULON PROGO DIY

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### INTISARI

**Latar Belakang :** Makanan instan dan berbagai jenis *junk food* dianggap sebagai ciri kehidupan modern yang akan membawa pengaruh terhadap kebiasaan makan remaja. Makanan instan dalam iklan menginformasikan kaya akan vitamin dan mineral, padahal makanan ini terlalu banyak mengandung gula, lemak, serta zat *additive*. Konsumsi makanan instan secara berlebihan dapat berakibat kekurangan zat gizi lain. Survei pendahuluan pada siswa SMP N 2 Sentolo Kulon Progo bulan Januari 2011, dari 10 siswa didapatkan diantaranya mengkonsumsi makanan instan kurang lebih dalam seminggu 4-6 kali, dari pengukuran IMT 10 siswa di dapatkan 5 siswa mempunyai IMT >25,0 kategori gemuk dan 3 siswa mempunyai IMT dengan kategori <18,5 kurus dan sisanya 2 yaitu IMT 18,8 dengan kategori normal.

**Tujuan Penelitian :** Mengetahui gambaran status gizi siswa SMP N 2 Sentolo Kulon Progo.

**Metode Penelitian :** Metode dalam penelitian ini adalah metode survey analitik dengan rancangan *cross sectional*. Sampel diambil dengan teknik *stratified random sampling* yaitu siswa laki-laki dan perempuan kelas VII dan VIII di SMP N 2 Sentolo Kulon Progo Yogyakarta sebanyak 105 siswa. Teknik analisa yang digunakan adalah uji *chi square* untuk melihat ada hubungan antara perilaku mengkonsumsi makanan instan dengan status gizi siswa SMP N 2 Sentolo Kulon Progo dan instrumen yang digunakan *food recall* selama 7 hari. Penelitian ini dilakukakan pada tanggal 5 Desember 2011.

**Hasil penelitian :** Perilaku konsumsi makanan instan pada siswa di SMP N 2 Sentolo Kulon Progo sebagian besar adalah sedang sebanyak 52 siswa (42,9%). Status gizi siswa SMP N 2 Sentolo Kulon Progo sebagian besar adalah normal sebanyak 62 siswa (59%). Hasil uji *chi square* diperoleh *p*-value sebesar  $0,000 < \alpha (0,05)$ .

**Kesimpulan :** Ada hubungan yang signifikan antara perilaku konsumsi makanan instan dengan status gizi siswa di SMP N 2 Sentolo Kulon Progo.

**Kata kunci :** perilaku konsumsi makanan instan, status gizi

### PERNYATAAN KEASLIAN

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