

# HUBUNGAN KEBIASAAN KONSUMSI *FAST FOOD* DENGAN STATUS GIZI SISWA KELAS XI SMA HANG TUAH 2 SIDOARJO DI MASA PANDEMI COVID-19

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## ABSTRAK

**Latar belakang** di era globalisasi jenis pangan yang dikonsumsi semakin beragam. Terlebih pada masa pandemi COVID-19 di Indonesia permintaan pasar *fast food* sangat tinggi. Masyarakat Indonesia yang mengonsumsi *fast food* umumnya adalah golongan pelajar. Ketika mengonsumsi *fast food* secara berlebihan akan berdampak pada status gizi.

**Tujuan penelitian** untuk mengetahui hubungan kebiasaan konsumsi *fast food* dengan status gizi siswa kelas XI SMA Hang Tuah 2 Sidoarjo di masa pandemi COVID-19.

**Jenis penelitian** termasuk ke dalam penelitian analitik dengan desain *cross sectional study*. Populasi pada penelitian ini adalah siswa-siswi kelas XI IPA dan IPS SMA Hang Tuah 2 Sidoarjo dengan rentang usia 16-18 tahun. Penelitian ini menggunakan metode *Simple Random Sampling* dengan jumlah sampel 60 responden. Pengumpulan data dilakukan melalui pengisian kuesioner dan pengukuran antropometri yang meliputi berat badan dan tinggi badan. Teknik analisis data yang digunakan adalah uji korelasi *Rank Spearman*.

**Hasil penelitian** menunjukkan bahwa sebanyak 40 siswa (60%) sering mengonsumsi *fast food* dan 20 siswa (40%) jarang mengonsumsi *fast food* dalam satu minggu terakhir dan berdasarkan IMT/U menurut Kemenkes 2020, sebanyak 6 siswa (10%) memiliki status gizi kurang, 33 siswa (55%) memiliki status gizi baik, 16 siswa (26,7 %) memiliki status gizi lebih, serta 5 siswa (8,3%) memiliki status gizi obesitas.

**Kesimpulan** dari penelitian ini adalah terdapat hubungan kebiasaan konsumsi *fast food* dengan status gizi siswa dengan nilai  $p = 0.002$  ( $p < 0,05$ ) sehingga disarankan kepada siswa untuk membatasi konsumsi makanan cepat saji dalam kehidupan sehari-hari dan menerapkan pola hidup dan pola makan dengan gizi seimbang.

Kata kunci : konsumsi *fast food*, status gizi

# **THE CORRELATION BETWEEN FAST FOOD CONSUMPTION HABITS WITH THE NUTRITIONAL STATUS OF XI GRADE SMA HANG TUAH 2 SIDOARJO IN THE PANDEMIC COVID-19**

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## **ABSTRACT**

**The background** in the globalization era, the types of food consumed are increasingly diverse. Especially during the COVID-19 pandemic in Indonesia, the demand for the fast food market was very high. Indonesian people who consume fast food are generally students. When consuming excessive fast food, it will have an impact on nutritional status.

**The purpose** of this study was to determine the relationship between fast food consumption habits and the nutritional status of grade XI students of SMA Hang Tuah 2 Sidoarjo during the COVID-19 pandemic.

**This type of research** is included in analytic research with a cross sectional study design. The population in this study were students of class XI IPA and IPS SMA Hang Tuah 2 Sidoarjo with an age range of 16-18 years. This study uses the Simple Random Sampling method with a sample size of 60 respondents. Data collection was carried out by filling out questionnaires and anthropometric measurements which included body weight and height. The data analysis technique used is the Spearman Rank correlation test.

**The results** showed that as many as 40 students (60%) often consumed fast food and 20 students (40%) rarely consumed fast food in the last week and based on BMI/U according to the Ministry of Health 2020, as many as 6 students (10%) had poor nutritional status, 33 students (55%) have good nutritional status, 16 students (26.7%) have more nutritional status, and 5 students (8.3%) have obesity nutritional status.

**The conclusions and suggestions** of this study are that there is a relationship between fast food consumption habits and the nutritional status of students with a value of  $p = 0.002$  ( $p < 0.05$ ) so that the suggestion is that students limit their consumption of fast food in daily life and adopt a lifestyle and dietary habits with balanced nutrition.

Keywords: fast food consumption, nutritional status