

HUBUNGAN KEBIASAAN KONSUMSI MAKANAN CEPAT SAJI (*FAST FOOD*) DENGAN STATUS GIZI DI SMAN 17 SURABAYA

ABSTRAK

Latar Belakang : Pada saat ini makanan cepat saji (*fast food*) menjadi sebuah bagian kebiasaan konsumsi para remaja jika berada diluar rumah. Menurut Riskesdas Nasional (2018), menunjukkan bahwa 9,5% remaja usia 16-18 tahun di Indonesia mengalami berat badan *overweight*/gemuk dan 4% mengalami obesitas. **Tujuan :** Untuk mengetahui ada atau tidak hubungan kebiasaan konsumsi makanan cepat saji (*fast food*) dengan status gizi siswa kelas XI di SMAN 17 Surabaya. **Metode :** Penelitian ini menggunakan metode observasional analitik dengan pendekatan *cross-sectional* serta menggunakan teknik *proportional stratified random sampling*. Besar sampel 76 siswa. Uji statistik menggunakan uji *chi square* untuk mengetahui ada atau tidaknya hubungan antara variabel. **Hasil :** Uji hubungan frekuensi konsumsi makanan cepat saji (*fast food*) dengan status gizi siswa kelas XI di SMAN 17 Surabaya menggunakan uji *chi square* menunjukkan *P-Value* $1.543 > 0,05$ dan uji hubungan jumlah konsumsi makanan cepat saji (*fast food*) dengan status gizi siswa kelas XI di SMAN 17 Surabaya menggunakan uji *chi square* menunjukkan *P-Value* $5.171 > 0,05$. **Kesimpulan :** Tidak ada hubungan antara kebiasaan konsumsi makanan cepat saji (*fast food*) dengan status gizi siswa kelas XI di SMAN 17 Surabaya.

Kata kunci : Kebiasaan Konsumsi, Makanan Cepat Saji (*Fast Food*), Status Gizi

**RELATIONSHIP BETWEEN FAST FOOD CONSUMPTION HABITS WITH
NUTRITIONAL STATUS OF 11th CLASS STUDENTS
AT SMAN 17 SURABAYA**

ABSTRACT

Background : At this time fast food has become a part of the consumption habits of teenagers when they are outside the home. According to the National Riskesdas (2018), it shows that 9.5% of adolescents aged 16-18 years in Indonesia are overweight/obese and 4% are obese. **Purpose :** To find out whether or not there is a relationship between fast food consumption habits with nutritional status of 11th class students at SMAN 17 Surabaya. **Methods :** This study uses an analytical observational method with a cross-sectional approach and uses a proportional stratified random sampling technique. The sample size is 76 students. The statistical test used the chi square test to determine whether or not there was a relationship between variables. **Results :** Test the relationship between the frequency of consumption of fast food nutritional status of 11th class students at SMAN 17 Surabaya using the chi square test showing P-Value $1.543 > 0,05$ and testing the to find out whether or not there is relationship between fast food consumption habits with nutritional status of 11th class students at SMAN 17 Surabaya using the chi square test showed P-Value $5.171 > 0,05$. **Conclusion :** That there was no relationship between fast food consumption habits with nutritional status of 11th class students at SMAN 17 Surabaya.

Keyword : Consumption Habits, Fast Food, Nutritional Status