

Description of Fast Food Consumption Habits and Nutritional Status of Class X Students At SMA Negeri 22 Surabaya

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ABSTRACT

Adolescence is a transition phase between childhood and adulthood, characterized by physical growth and complex social-emotional development. Adolescence is a crucial period in the formation of healthy behavior, including eating patterns and lifestyle. The habit of consuming fast food has become a habit among teenagers, influenced by environmental factors and changes in lifestyle. Fast food, which tends to be high in fat and calories, can cause nutritional problems such as obesity and overnutrition. The prevalence of nutritional problems among teenagers in Indonesia is quite significant, with rates of overweight and obesity increasing. Description of fast food consumption habits and nutritional status of class X students (Normal Nutrition 46 students 58.2%), Over Nutrition 19 students (24.1%), Obesity 9 students (11.4%). Method: This research was carried out at SMA Negeri 22 using a cross sectional approach by taking a sample of 79 class X students. Research data regarding eating behavior was collected using the FFQ form using a simple random sampling technique. Anthropometric measurements use digital scales and micrometers. Student characteristics consisted of 50 male students (63.3%), 29 female students (36.7%) with a maximum age of 16 years, namely 51 students (64.6%). Most students sometimes consume fast food, namely French fries (46.8%), hamburgers (41.8%), sandwiches (43%), hot dogs (57%), beef steak (43%), and pizza (46.8%). Most students often consume fast food, namely chicken nuggets (32.9%). Most students do not consume hot dogs (57%). Students' habits of consuming fast food are rarely categorized as undernourished (5.1%), normal nutrition (30.4%), overnourished (10%), obese nutrition (1.4%). Fast food consumption habits often occur in the category of undernutrition (6.3%), normal nutrition (27.8%), overnutrition (14.1%), obesity nutrition (10%). The description of fast food consumption habits and nutritional status among class X students Malnutrition status of 5 students (6.3%), normal nutrition of 46 students 58.2%), over nutrition of 19 students (24.1%), obesity of 9 students (11.4%). Schools can provide healthy food choices in the cafeteria, such as salads, fruit, and minimally processed foods. Reduce fast food offerings in the cafeteria and collaborate with healthy food providers to provide better choices for students.

INTRODUCTION

The habit of consuming nutritional food in adolescents is able to determine the level of health or nutritional status. If nutritional consumption is not balanced, it will cause malnutrition. Malnutrition includes excess nutrition (overnutrition) and lack of nutrition (undernutrition) (Ismiati & Suri, 2018).

Fast food is food that is processed and consumed quickly. Fast food contains a lot of energy, salt and fat and little fiber. The habit of consuming fast food is a way of choosing food as a reaction to physiological, psychological, social & cultural impacts (Janah, 2016).

The influencing factor for teenagers choosing to consume fast food is due to easy access to food sources such as the convenience of food locations according to teenagers' pocket money. Teenagers with excess pocket money will not eat breakfast because they can afford to buy food elsewhere. Teenagers' low understanding of nutrition has an impact on the habit of consuming fast food without paying attention to the nutritional content because of the delicious taste of the food. This causes someone to consume excessive fast food (Saleh, 2019).

The calorie content of fast food is able to meet 1/2 of daily calorie needs (400-600 kcal to 1500 kcal/consumption), and contains 40 – 60% saturated fat with high cholesterol (Bonita et al, 2016). Excessive consumption of fast food will cause the body to store excess energy and fat into triglycerides in adipose tissue, resulting in calorie accumulation and an imbalance of energy in and energy out over a long period of time (Nisa et al., 2021).

Adolescence is the phase between childhood and adulthood between the ages of 10-19 years (WHO, 2022). Meanwhile PMKRI No. 25 mentions teenagers as the population aged 10 - 18 years (Kemkes.go.id, 2018). BKKNB states that teenagers are aged 10 - 24 years and are not yet married, so it is concluded that adolescence is a period of transformation from child to adult. Peak growth can influence the transformation of body composition and nutritional needs of adolescents. Adolescent girls are vulnerable to nutritional problems such as obesity, anemia and malnutrition. The teenage population is a population group where in Indonesia teenagers make up 22.2% of the total population. Teenagers are the nation's assets in creating a quality and highly competitive generation. This can be formed from the nutritional status of adolescents through energy intake (Atika, 2015).

RISKESDAS 2018 states that the prevalence of nutritional status based on national BMI/U, adolescents aged 13-15 years are very thin 33%, thin 7.8%, over-nourished 8.3%, obese 2.5%, while adolescents aged 16-18 years very thin 1.4%, thin 6.7%, overnourished 9.5% and obese 4%. WHO (2021) stated that 340 million adolescents aged 5-19 years were obese in 2016. The nutritional status of East Java Province adolescents aged >18 years was 8.0% thin, 47.2% normal, 14.9% Overweight, and 29, 8% obese.

According to a preliminary study of 17 students at SMA Negeri 22, there were 6 female students (16.6%) experiencing malnutrition, 1 female student (2.7%) experiencing obesity and 10 female students (27.7%) having normal nutritional status.

MATERIALS AND METHODS

This research is a descriptive study with a cross sectional research design using anthropometric measurements and FFQ questionnaire interviews. Based on time, this research is descriptive because the research describes a situation or problem that is explored through observations that occur in the field. The sample selection was taken based on simple random sampling and then they were expected to fill out a paper willing to become a respondent (informed consent). Then, body weight and height measurements will be carried out to determine nutritional status based on BMI/U. To find out fast food consumption habits, respondents filled out the Food Frequency Questionnaire form with the frequency, quantity, type of food ingredients daily and monthly.

The research was carried out in October 2023 – May 2024. The population in this study was 79 students from all class X students at SMA Negeri 22 Surabaya starting from X-1 to The collected data was then processed and analyzed using univariate analysis methods.

RESULTS (Font: Arial, Size: 12)

The results obtained from collecting data regarding eating patterns and nutritional status of class 11 students at SMA Negeri 22 Surabaya are as follows

Table 1 Frequency Distribution of Respondent Characteristics according to Gender in 2024

Gender	n	%
Laki-laki	50	63.3
Perempuan	29	36.7
Total	79	100

Source: Primary Data 2024

Based on the table above, it is known that the majority of class X students are 50 students (63.3%).

Table 2 Frequency Distribution of Respondent Characteristics according to Age in 2024

Age	n	%
15 tahun	10	12.7
16 tahun	51	64.6
17 tahun	18	22.8

Total	79	100
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Source: Primary Data 2024

Based on the table above, it is known that the majority of class X students are 16 years old, namely 52 students (65.8%).

Table 3 Frequency Distribution of Respondent Characteristics according to Nutritional Status in 2024

Nutritional status	n	%
Gizi kurang	5	6.3
Gizi normal	46	58.2
Gizi lebih	19	24.1
Obesitas	9	11.4
Total	79	100

Source: Primary Data 2024

Based on the table above, it is known that the majority of class X students have normal nutritional status, 46 students (58.2%) and 19 students (24.1%).

Table 4. Frequency Distribution of Respondents according to Frequency of Fast Food Consumption Habits in 2024

Frekuensi Kebiasaan Konsumsi Fast Food	n	%
Jarang	40	50.6
Sering	39	49.4
Total	79	100

Source: Primary Data 2024

The majority of the frequency of fast food consumption habits in class

Table 5. Frequency Distribution of Respondents according to Frequency of Fast Food Consumption Habits and Nutritional Status in 2024

KEBIASAAN KONSUMSI FAST FOOD	Status Gizi									
	Gizi Kurang		Gizi Normal		Gizi Lebih		Obesitas		Total	
	n	%	n	%	n	%	n	%	n	%
Jarang	4	5,1	24	30,4	9	10	3	1,4	40	50,6
Sering	1	1,3	22	27,8	10	14,1	6	10	39	49,4
TOTAL	5	6,3	46	58,2	19	24,1	9	11,4	79	100

Source: Primary Data 2024

The majority of female students have the habit of consuming fast food. Rarely, 4 students (5.1%) have poor nutritional status, 24 students (30.4%) have normal nutritional status, 7 students (8.9%) have excess nutritional status, and obese nutritional status. a total of 5 (6.5%).

Then, according to the table above, the majority of female students have the habit of consuming fast food frequently, with a nutritional status of less than 1 student (1.3%), a normal nutritional status of 22 students (27.8%), a nutritional status of more than 10 students (12.7%), and those with obese nutritional status were 6 (7.6%)

DISCUSSION

5.2.1 Fast Food Consumption Habits

The results of the study on students at SMA Negeri 22 Surabaya, the majority of respondents were in the category of "frequent" fast food consumption with a total of 63.6%. Meanwhile, 36.4% of respondents were categorized as consuming fast food "rarely". In line with Nilsetal's (2008) study where 69% of Indonesians consume fast food. Then it is in line with the study of Astuti & Maggiolo (2014), where teenagers consume the most fast food. The research is in line with the Misbahussurur study where the majority often/always consume fast food, 73 people (51%) and the minority, not often, 70 people (49%). Fast food is food that is prepared briefly (Misbahussurur, 2015). Research in line with T. Syarifah Latifah Hanum et al's study stated that the majority often/always consume fast food (55.4%) and the minority sometimes, 37 people (46.6%).

Fast food is popular with teenagers because of the ease of obtaining food. This is in line with Daulay & Purwati's (2020) study where fast food is preferred because of its practicality and affordability related to changes in lifestyle, life term and needs. Then a study by Kristiantietal., (2016) stated that because mothers are busy, they don't have time to prepare food, so teenagers will eat fast food. Socioeconomic conditions and the practicalities of providing food and time. According to (Lubis, 2019) fast food refers to food that is easy to obtain, such as fried chicken, French fries, hamburgers and others.

5.2.2 Nutritional Status of Class X Students of SMA Negeri 22 Surabaya

Nutritional status is a measure of meeting a teenager's nutritional needs as seen from their weight and height. The high nutritional needs of teenagers are due to rapid development. Every teenager hopes to have a healthy body condition to fulfill physical activities. Absorption of food energy to meet the energy intake released by the body (Winarsih, 2018).

The results of the study stated that there were 21 students with over nutritional status with a percentage of 26.6%. And there are 11 students with obesity nutritional status with a percentage of 13.9%. This is in line with the 2018 Riskesdas where the nutritional problem dominated by the group of teenagers aged 13-17 years is excess nutrition and generally occurs in urban areas.

According to the results of data analysis of class This is due to many factors, one of which is the eating habits of class X students. This figure is higher than the 2018 Riskesdas results where the normal prevalence was 14.46%. According to (Sediaoetama in Mahpolah, 2008) that food that tastes delicious and has high social value will be chosen more often than food that is unattractive and is considered not to have satisfactory social value, they consume fast food because they don't want to or don't. had time to have breakfast, was lazy to eat at home but was looking for food that could fulfill his appetite. According to researchers' assumptions, there is a relationship between eating patterns and food consumption habits because eating patterns show how to fulfill a person's nutritional needs which are manifested in the form of consuming types of food, eating times and eating frequency (Almatsier in Nurwijayanti, 2018).

CONCLUSION

The following are the results of the study:

1. Most of the respondents from class
2. The nutritional status of respondents from class
3. Most of the Fast Food respondents from class

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