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**ABSTRACT**

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***THE RELATIONSHIP OF JUNK FOOD CONSUMPTION HABITS AND PHYSICAL ACTIVITY WITH THE OCCURRENCE OF OVERWEIGHT IN ADOLESCENT AT SENIOR HIGH SCHOOL OF 10 TASIKMALAYA IN 2024***

*Overweight is a condition of overnutrition due to excessive energy intake that exceeds normal limits. The cause of overweight is excessive consumption of junk food accompanied by lack of physical activity. This study aims to analyze the relationship between junk food consumption habits and physical activity with the incidence of overweight adolescents at Senior High School of 10 Tasikmalaya in 2024. The research method used is quantitative descriptive analysis with a cross-sectional approach. The sampling method was conducted using proportional random sampling of 286 students from 800 students. Data collection on overweight status was conducted using a digital scale (body weight), a stadiometer (height), and IMT/U index. Data analysis using the Chi-Square test and logistic regression. The results of the data analysis show a significant relationship between junk food consumption habits and the occurrence of overweight ( $p$ -value = 0.000) and a significant relationship between physical activity and the occurrence of overweight ( $p$ -value = 0.000). The results of the multivariate test with logistic regression indicate that in the final model, the variables related to the occurrence of overweight are junk food consumption ( $p$ -value = 0.000), physical activity ( $p$ -value = 0.008), energy adequacy ( $p$ -value = 0.027), and fat adequacy ( $p$ -value = 0.000), which affect the occurrence of overweight among adolescents at Senior High School of 10 Tasikmalaya in 2024. There is a relationship between junk food consumption habits and physical activity with the occurrence of overweight, as well as a relationship between confounding variables, namely energy adequacy and fat adequacy, with the occurrence of overweight adolescents at Senior High School of 10 Tasikmalaya in 2024. It is hoped that students will be aware of their junk food consumption and physical activity.*

**Keywords:** *Adolescents, Junk Food Consumption Habits, Overweight, Physical Activity.*