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ABSTRACT

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THE RELATIONSHIP BETWEEN LIFESTYLE AND THE OCCURRENCE OF OVERWEIGHT TEENAGERS AT SENIOR HIGH SCHOOL OF 10 TASIKMALAYA IN 2024

Overweight is a nutritional problem caused by energy intake exceeding normal limits, triggered by lifestyle changes. There are 3.3 million adolescents in Indonesia categorized as overweight. Adolescents are aged 10-19 years, and overweight adolescents are marked by a Body Mass Index according to Age (BMI/A) exceeding the z-score threshold of $> +1$ SD to $+2$ SD. The aim of this study is to analyze the relationship between lifestyle (eating habits, screen time, sleep quality, and physical activity) and the incidence of overweight adolescents at Senior High School of 10 Tasikmalaya in 2024. This research is an observational study with a cross-sectional approach. The sample consisted of 286 students from 800 students at Senior High School of 10 Tasikmalaya, selected through proportional random sampling. Eating habits were measured using the Adolescent Food Habits Checklist (AFHC) questionnaire, screen time was measured using the Questionnaire for Screen Time of Adolescents (QUEST) over 2x24 hours, sleep quality was measured using the Pittsburgh Sleep Quality Index (PSQI), physical activity was measured using the Physical Activity Level (PAL), and overweight was measured with the IMT/U z-score. Data analysis used the Chi-Square test. The results of the univariate test showed that unhealthy eating habits were 51.4%, healthy eating habits were 48.6%, poor sleep quality was 78%, good sleep quality was 22%, long screen time was 87.4%, short screen time was 12.6%, light physical activity was 77.3%, moderate activity was 17.5%, and heavy physical activity was 5.2%. The results of this study indicate a significant relationship between eating habits (p -value = 0.000), screen time (p -value = 0.000), sleep quality (p -value = 0.000), and physical activity (p -value = 0.011) affecting the incidence of overweight. Conclusion: There is a relationship between eating habits, screen time, sleep quality, and physical activity with the occurrence of overweight. It is hoped that students will be aware of choosing and limiting unhealthy eating habits, as well as paying attention to screen time duration, sleep quality, and physical activity.

Keywords: *Physical Activity, Eating Habits, Sleep Quality, Overweight, Adolescents, Screen Time.*