

ABSTRAK

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**HUBUNGAN TINGKAT KECUKUPAN LEMAK, SERAT, AKTIVITAS FISIK, PENGARUH TEMAN SEBAYA DAN UANG SAKU DENGAN KEJADIAN *OVERWEIGHT* REMAJA (Studi *Case Control* di SMA Negeri 10 Tasikmalaya Tahun 2024)**

*Overweight* merupakan salah satu masalah gizi akibat penumpukan jaringan lemak yang berlebih di dalam tubuh dialami oleh semua usia, termasuk remaja jika IMT/U berdasarkan nilai *z-score*  $>+1SD$ . Faktor yang menyebabkan *overweight* diantaranya usia, jenis kelamin, genetik, kelebihan asupan lemak, kurangnya asupan serat, aktivitas fisik yang kurang, pengaruh teman sebaya dan uang saku. Tujuan penelitian ini adalah menganalisis hubungan tingkat kecukupan lemak, serat, aktivitas fisik, pengaruh teman sebaya dan uang saku dengan kejadian *overweight* remaja di SMA Negeri 10 Tasikmalaya. Penelitian ini menggunakan metode observasional desain *case control*. Pengambilan sampel menggunakan teknik *simple random sampling* dan teknik *matching* sebanyak 80 responden. Pengumpulan data menggunakan kuesioner (*Semi Quantitative Food Frequency Questionnaire*) SQ-FFQ, (*Physical Activity Level*) PAL dan (*The Diet Social Support Assesment*) DSSA. Uji *chi-square* digunakan dalam analisis data. Hasil penelitian menunjukkan terdapat hubungan antara tingkat kecukupan lemak ( $p=0,000$ ; OR = 14,939; CI 95%: 4,917-45,389), tingkat kecukupan serat ( $p=0,000$ ; OR = 6,231; CI 95%: 2,351-16,513), aktivitas fisik ( $p=0,000$ ; OR = 32,111; CI 95%: 9,410-109,572), uang saku ( $p=0,003$ ; OR = 4,394; CI 95%: 1,709 – 11,295) dan tidak ada hubungan pengaruh teman sebaya ( $p=0,000$ ; OR = 1,107; CI 95%: 0,457-2,679) dengan kejadian *overweight*. Dapat disimpulkan bahwa adanya hubungan antara tingkat kecukupan lemak, serat, aktivitas fisik, uang saku dan tidak ada hubungan antara pengaruh teman sebaya dengan kejadian *overweight* remaja di SMA Negeri 10 Tasikmalaya Tahun 2024. Diharapkan siswa memiliki kesadaran untuk membatasi asupan makanan tinggi lemak, perbanyak asupan makanan tinggi serat, perbanyak melakukan aktivitas fisik, memiliki pengaruh teman sebaya yang positif dan uang saku yang digunakan untuk membeli makanan sehat.

**Kata Kunci :** aktivitas fisik, *overweight*, pengaruh teman sebaya, remaja, tingkat kecukupan lemak, tingkat kecukupan serat, uang saku.

**ABSTRACT**

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***THE RELATIONSHIP BETWEEN FAT AND FIBER ADEQUACY,  
PHYSICAL ACTIVITY, PEER INFLUENCE AND POCKET MONEY OF  
OVERWEIGHT IN ADOLESCENT (Case Control Study on Students of Senior  
High School 10 Tasikmalaya)***

*Overweight is a nutritional problem due to the accumulation of excess fat tissue in the body experienced by all ages, including teenagers if BMI/U based on z-score is  $>+1SD$ . Factors that cause overweight include age, gender, genetics, excess fat intake, lack of fiber intake, lack of physical activity, influence of peers and pocket money. The aim of this research is to analyze the relationship between adequate levels of fat, fiber, physical activity, peer influence and pocket money with the incidence of adolescent overweight at SMA Negeri 10 Tasikmalaya. This research uses an observational case control design method. Sampling used simple random sampling and matching techniques as many as 80 respondents. Data collection used (Semi Quantitative Food Frequency Questionnaire) SQ-FFQ, (Physical Activity Level) PAL dan (The Diet Social Support Assesment) DSSA. The chi-square test was used in data analysis. The results showed that there was a relationship between the level of fat sufficiency ( $p=0.000$ ; OR = 14.939; CI 95%: 4.917-45.389), the level of fiber sufficiency ( $p=0.000$ ; OR = 6.231; CI 95%: 2.351-16.513), physical activity ( $p=0.000$  ; OR = 32.111; CI 95%: 9.410-109.572), pocket money ( $p=0.003$ ; OR = 4.394; CI 95%: 1.709 – 11.295) and there is no peer influence relationship ( $p=0,000$ ; OR = 1,107; CI 95%: 0,457-2,679) with the incidence of overweight. It can be concluded that there is a relationship between adequate levels of fat, fiber, physical activity, pocket money and there is no relationship between peer influence and the incidence of overweight teenagers at SMA Negeri 10 Tasikmalaya in 2024. It is hoped that students will have the awareness to limit their intake of foods high in fat, increase their intake of foods high in fiber, do more physical activity, have positive peer influence and use pocket money to buy healthy food.*

**Keywords :** *adequate level of fat, adequate level of fiber, adolescents, peer influence, physical activity, pocket money*