

**FAKULTAS ILMU KESEHATAN  
UNIVERSITAS SILIWANGI  
TASIKMLAYA  
PROGRAM STUDI GIZI  
2024**

**ABSTRAK**

**N. ERSYA AWALIYAH RAMLI**

**HUBUNGAN KEBIASAAN KONSUMSI *FAST FOOD* DAN AKTIVITAS  
SEDENTARI DENGAN KEJADIAN GIZI LEBIH PADA REMAJA**

**(Studi Observasional pada Siswa/I kelas XI di SMAN 2 Ciamis Tahun 2024)**

Masalah gizi lebih pada remaja berkaitan dengan perubahan gaya hidup, seperti kebiasaan konsumsi *fast food* dan melakukan aktivitas sedentari. Ketidakseimbangan energi dari asupan makanan dengan aktivitas tubuh menjadi faktor penting penyebab kejadian gizi lebih. Tujuan penelitian ini menganalisis hubungan kebiasaan konsumsi *fast food* dan aktivitas sedentari dengan kejadian gizi lebih pada remaja kelas XI di SMAN 2 Ciamis tahun 2024. Metode penelitian menggunakan observasional analitik dengan pendekatan studi *cross sectional*. Instrumen yang digunakan berupa alat antropometri menggunakan timbangan injak digital, stadiometer dan formulir FFQ, serta kuesioner ASAQ. Subjek penelitian ini merupakan siswa-siswi kelas XI yang diambil sebanyak 238 orang dari 430 orang dengan teknik *proportional random sampling*. Hasil analisis data bivariat menggunakan uji *chi-square* menunjukkan bahwa terdapat hubungan signifikan antara kebiasaan konsumsi *fast food* dengan kejadian gizi lebih ( $p\text{-value}=0,015$ ), terdapat hubungan signifikan antara aktivitas sedentari dengan kejadian gizi lebih pada remaja ( $p\text{-value}=0,045$ ) serta hubungan sosial ekonomi dengan kejadian gizi lebih ( $p\text{-value}=0,000$ ). Kesimpulan penelitian ini terdapat hubungan antara kebiasaan konsumsi *fast food* dan aktivitas sedentari serta sosial ekonomi dengan kejadian gizi lebih. Saran diharapkan siswa siswi mampu menjaga frekuensi konsumsi *fast food* dan mengurangi aktivitas sedentari.

**Kata kunci:** aktivitas sedentari, *fast food*, kejadian gizi lebih, remaja

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**ABSTRACT**

**N. ERSYA AWALIYAH RAMLI**

***THE RELATIONSHIP BETWEEN FAST FOOD CONSUMPTION HABITS AND SEDENTARY ACTIVITIES WITH THE INCIDENCE OF OVERWEIGHT IN ADOLESCENTS***

***(Observational Study on Class XI Students at SMAN 2 Ciamis in 2024)***

*The problem of overweight in adolescents is related to changes in lifestyles, such as fast food consumption habits and sedentary activities. The imbalance of energy from food intake with body activity is an important factor causing the incidence of overweight. The purpose of this study was to analyze the relationship between fast food consumption habits and sedentary activities with the incidence of overweight in adolescents at SMAN 2 Ciamis in 2024. This research method used an analytic observational method with a cross sectional study approach. The instruments used were anthropometric tools using digital step scales, stadiometers, FFQ, and ASAQ. The subjects of this study were class XI students who were taken as many as 238 people out of 430 people using proportional random sampling technique. The results of bivariate data analysis using the chi-square test showed that there was a significant relationship between fast food consumption habits and the incidence of overweight ( $p$ -value = 0.015), there was a significant relationship between sedentary activity and the incidence of overweight in adolescents ( $p$ -value = 0.045), and socioeconomic relationship with the incidence of overweight ( $p$ -value = 0.000). The conclusion of this study is that there is a relationship between fast food consumption habits and sedentary activities and socioeconomics with the incidence of overweight. The suggestion is that students are expected to maintain the frequency of fast food consumption and reduce sedentary activities.*

**Keywords:** *adolescent, fast food, incidence of overweight, sedentary activity*