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SILIWANGI UNIVERSITY
TASIKMALAYA
NUTRITION STUDY PROGRAM
2024**

ABSTRACT

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**THE RELATIONSHIP BETWEEN HIGH CALORIE FOOD CONSUMPTION
HABITS AND PHYSICAL ACTIVITY WITH THE INCIDENT OF
OVERNUTRITION IN ADOLESCENTS**

(Observational Study of Class XI Students SMA Negeri 1 Singaparna Tasikmalaya Regency in 2024)

Overnutrition is a condition where there is an excessive accumulation of fat in the body due to an imbalance between intake and needs. The energy imbalance in the body occurs due to decreased physical activity and increased consumption of high-calorie foods. This study aims to analyze the relationship between the habit of consuming high-calorie foods and physical activity with the incidence of overnutrition among 11th-grade students at SMA Negeri 1 Singaparna, Tasikmalaya Regency, in 2024. This study uses an observational method with a case-control research design. The numbers of respondents in this study is 128 respondents (64 cases and 64 controls). The case samples were taken using the total sampling technique, while the control samples were taken using the 1:1 matching technique and simple random sampling. The instruments used to collect data were screening questionnaire, respondent characteristic questionnaire, Food Frequency Questionnaire (FFQ), and Physical Activity Recall (PAL) questionnaire. Bivariate analysis used the Chi-Square test and Odds Ratio (OR). The results of research on the relationship between high-calorie food habits and the incidence of overnutrition were obtained p-value 0.002; OR 3.286 and the relationship between physical activity and the incidence of overnutrition was obtained p-value 0.001; OR 3.802. The conclusion of this study shows that there is a significant relationship between the habit of consuming high-calorie foods and physical activity with the incidence of overnutrition among 11th-grade students at SMA Negeri 1 Singaparna, Tasikmalaya Regency, in 2024. Adolescents are expected to limit the frequency of consuming high-calorie foods and increase physical activity to help maintain an optimal weight.

Keywords: *Adolescents, high-calorie eating habits, overweight, physical activity*