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ABSTRACT

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THE RELATIONSHIP BETWEEN BREAKFAST HABITS AND JUNK FOOD CONSUMPTION HABITS AND THE INCIDENCE OF OVERNUTRITION IN ADOLESCENTS

(Observational Study of Students Aged 15-18 at SMAN 1 Tasikmalaya City in 2024)

Adolescents are an age group that is vulnerable to overnutrition caused by an imbalance in nutritional intake and needs due to unhealthy eating habits that do not comply with the principles of balanced nutrition. The lifestyle of adolescents today is characterized by poor eating habits including frequently skipping breakfast and frequently consuming junk food, two of which are some of the factors that cause overnutrition. The purpose of this study was to determine the relationship between breakfast habits and junk food consumption habits with the incidence of overnutrition in adolescents at SMA Negeri 1 Tasikmalaya City. This study used a cross-sectional design, with quantitative methods, and proportional random sampling techniques with 336 respondents. The instruments used in this study consisted of a stadiometer, digital scales, a breakfast habits questionnaire and a Food Frequency Questionnaire (FFQ). The chi-square test was used to analyze statistical data. The results of the bivariate analysis of the chi-square test showed a strong correlation between breakfast habits and junk food consumption habits with the incidence of overnutrition with the respective results ($p = 0.000$ and $p = 0.000$). The incidence of overweight in adolescents aged between 15 and 18 years was correlated with breakfast habits and junk food consumption habits. It is hoped that teenagers aged 15-18 years can control their weight by paying attention to breakfast habits and limiting junk food consumption as an effort to maintain ideal nutritional status.

Keywords: Adolescents, Breakfast Habits, Junk Food Consumption Habits, Overnutrition.