

**FAKULTAS ILMU KESEHATAN
UNIVERSITAS SILIWANGI
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ABSTRAK

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HUBUNGAN TINGKAT PENGETAHUAN DAN SIKAP TENTANG GIZI SEIMBANG DENGAN KEBIASAAN KONSUMSI *FAST FOOD* PADA REMAJA

Remaja sering kali memiliki kebiasaan konsumsi tidak sehat, antara lain mengonsumsi *fast food* yang tinggi kalori, garam, dan lemak. Kebiasaan konsumsi tidak sehat ini berdampak pada masalah gizi, seperti *overweight* dan obesitas. Penelitian ini bertujuan menganalisis hubungan tingkat pengetahuan dan sikap tentang gizi seimbang dengan kebiasaan konsumsi *fast food*. Metode kuantitatif dengan desain *cross sectional*. Teknik pengambilan sampel menggunakan *Stratified Random Sampling* yang berjumlah 99 orang. Instrumen penelitian yang digunakan adalah kuesioner tingkat pengetahuan, sikap tentang gizi seimbang, dan formulir SQ-FFQ. Hasil penelitian dianalisis dengan uji *Chi-Square*. Hasil analisis univariat menunjukkan mayoritas remaja perempuan 55 orang (54,5 %) dengan usia 16 tahun. Tingkat pengetahuan gizi responden berada pada kategori kurang (83,5%), siswa dengan sikap negatif terhadap gizi seimbang (80,2%). Sebanyak (50,5%) siswa sering mengonsumsi *fast food*. Hasil analisis bivariat menunjukkan hubungan yang signifikan pada variabel antara tingkat pengetahuan dengan sikap tentang gizi seimbang $p\text{-value}$ 0,006 ($p < 0,05$), tingkat pengetahuan gizi dengan kebiasaan konsumsi *fast food* $p\text{-value}$ 0,007 ($p < 0,05$), sikap tentang gizi seimbang dengan kebiasaan konsumsi *fast food* $p\text{-value}$ 0,001 ($p < 0,05$) dan uang saku dengan kebiasaan konsumsi *fast food* $p\text{-value}$ 0,003 ($p < 0,05$). Disimpulkan bahwa pengetahuan dan sikap tentang gizi seimbang merupakan faktor risiko penting terhadap kebiasaan konsumsi *fast food*. Saran dari hasil penelitian ini menegaskan bahwa pentingnya program edukasi gizi untuk meningkatkan pengetahuan gizi dan membentuk sikap positif seseorang.

Kata Kunci: *fast food*, pengetahuan gizi, remaja, sikap.

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ABSTRACT

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***THE RELATIONSHIP BETWEEN KNOWLEDGE AND ATTITUDES ABOUT
BALANCED NUTRITION AND THE HABIT OF CONSUMING FAST FOOD
AMONG ADOLESCENTS***

Adolescents often have unhealthy eating habits, including consuming fast food that is high in calories, salt, and fat. These unhealthy eating habits lead to nutritional problems, such as being overweight and obesity. This study aims to analyze the relationship between the level of knowledge and attitudes toward balanced nutrition and fast-food consumption habits. A quantitative method with a cross-sectional design was used. Stratified random sampling was used to select a sample of 99 participants. The research instruments included a questionnaire assessing knowledge and attitudes toward balanced nutrition, as well as an SQ-FFQ form. The results were analyzed using the chi-square test. Univariate analysis results showed that the majority of female adolescents 55 participants (54.5%) were 16 years old. Respondents' nutrition knowledge levels fell into the "inadequate" category (83.5%), and 80.2% of students held negative attitudes toward balanced nutrition. A total of 50.5% of the students frequently consumed fast food. Bivariate analysis results showed a significant association between the variables of nutritional knowledge level and attitudes toward balanced nutrition, with a p-value of 0.004 ($p < 0.05$). level of nutritional knowledge and fast food consumption habits (p-value 0.007, $p < 0.05$), attitudes toward balanced nutrition and fast food consumption habits (p-value 0.001, $p < 0.05$) and pocket money versus fast food consumption habits p-value 0.003 ($p < 0.05$). It was concluded that knowledge and attitudes regarding balanced nutrition are significant risk factors for fast-food consumption habits. The recommendations based on the findings of this study emphasize the importance of nutrition education programs to improve nutritional knowledge and foster positive attitudes.

Keywords: *adolescents, attitudes, fast food, nutritional knowledge.*