

ABSTRAK

VINA NOERMAYUNITA

HUBUNGAN PENGGUNAAN *SMARTPHONE* DAN FREKUENSI KONSUMSI *JUNK FOOD* DENGAN KEJADIAN GIZI LEBIH PADA REMAJA 13-15 TAHUN (STUDI OBSERVASIONAL PADA SISWA KELAS VIII SMP NEGERI 1 CIAMIS TAHUN 2026)

Kejadian gizi lebih pada remaja merupakan masalah kesehatan yang semakin meningkat dan dipengaruhi oleh berbagai faktor. Peningkatan konsumsi *junk food* dan penggunaan *smartphone* dapat berkontribusi terhadap kejadian gizi lebih. Penelitian ini bertujuan untuk mengetahui hubungan penggunaan *smartphone* dan frekuensi konsumsi *junk food* dengan kejadian gizi lebih pada siswa kelas VIII SMP 1 Ciamis tahun 2026. Penelitian ini menggunakan desain *Cross-Sectional*. Responden berjumlah 83 siswa dari total populasi 288 siswa yang ditentukan menggunakan teknik *proporsional random sampling*. Data penggunaan *smartphone* dan aktivitas fisik dikumpulkan melalui kuesioner, frekuensi konsumsi *junk food* menggunakan formulir FFQ, serta kecukupan energi dilakukan melalui metode *food recall* 24 jam sebanyak dua kali pada hari yang berbeda. Status gizi ditentukan berdasarkan indikator IMT/U. Hasil menunjukkan bahwa 42,2% responden mengalami gizi lebih. Analisis menggunakan uji *Chi-Square* menunjukkan adanya hubungan signifikan antara penggunaan *smartphone* dengan frekuensi konsumsi *junk food* ($p\text{-value}=0,004$), aktivitas fisik ($p\text{-value}=0,036$), dan kejadian gizi lebih ($p\text{-value}=0,003$). Terdapat hubungan antara aktivitas fisik ($p\text{-value}=0,017$), frekuensi konsumsi *junk food* ($p\text{-value}=0,000$), serta kecukupan energi ($p\text{-value}=0,000$) dengan kejadian gizi lebih, dan antara frekuensi *junk food* dengan kecukupan energi ($p\text{-value}=0,006$). Tidak terdapat hubungan antara jenis kelamin dengan kejadian gizi lebih ($p\text{-value}=0,129$). Kesimpulan penggunaan *smartphone*, aktivitas fisik, frekuensi konsumsi *junk food*, dan kecukupan energi berhubungan dengan kejadian gizi lebih. Siswa disarankan menerapkan pola hidup sehat dengan membatasi penggunaan *smartphone*, meningkatkan aktivitas fisik, serta mengurangi konsumsi *junk food*.

Kata kunci: aktivitas fisik, gizi lebih, *junk food*, kecukupan energi, *smartphone*.

**FACULTY OF HEALTH SCIENCE
SILIWANGI UNIVERSITY
TASIKMALAYA
NUTRITION STUDY PROGRAM
2026**

ABSTRACT

VINA NOERMAYUNITA

THE ASSOCIATION BETWEEN SMARTPHONE USE AND JUNK FOOD CONSUMPTION FREQUENCY WITH OVERNUTRITION AMONG ADOLESCENTS AGED 13-15 YEARS (AN OBSERVATIONAL STUDY AMONG EIGHTH-GRADE STUDENTS AT STATE JUNIOR HIGH SCHOOL 1 CIAMIS, 2026)

The increasing prevalence of overweight among adolescents has become a growing public health concern influenced by multiple factors. Increased consumption of junk food and excessive smartphone use may contribute to the development of overweight. This study aimed to examine the association between smartphone use and the frequency of junk food consumption with overweight among eighth-grade students at SMP Negeri 1 Ciamis in 2026. This study employed a cross-sectional design. A total of 83 students were selected from a population of 288 using proportional random sampling. Data on smartphone use and physical activity were collected through a structured questionnaire, while the frequency of junk food consumption was assessed using a Food Frequency Questionnaire (FFQ). Energy adequacy was measured using two non-consecutive 24-hour dietary recalls. Nutritional status was determined based on Body Mass Index-for-Age (BMI-for-Age). The results showed that 42.2% of respondents were classified as overweight. Chi-square analysis revealed significant associations between smartphone use and junk food consumption frequency (p -value=0.004), physical activity (p -value =0.036), and overweight (p -value =0.003). Significant associations were also found between physical activity (p -value =0.017), junk food consumption frequency (p -value=0.000), and energy adequacy (p -value =0.000) with overweight, as well as between junk food consumption frequency and energy adequacy (p -value =0.006). No significant association was found between sex and overweight (p -value =0.129). In conclusion, smartphone use, physical activity, junk food consumption frequency, and energy adequacy are associated with overweight among adolescents. Students are encouraged to adopt healthier lifestyles by limiting smartphone use, increasing physical activity, and reducing junk food consumption.

Keywords: *energy adequacy, junk food, overnutrition, physical activity, smartphone.*