

HUBUNGAN KONSUMSI GULA TAMBAHAN, LEMAK, AKTIVITAS FISIK, DAN DURASI TIDUR DENGAN STATUS GIZI LEBIH REMAJA PUTRI DI SMAN 12 JAKARTA PADA MASA PANDEMI COVID19

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Abstrak

Menurut Riskesdas tahun 2018 di Provinsi DKI Jakarta, proporsi kurang aktifitas fisik pada penduduk 15-19 tahun mencapai angka 63,08%, sedangkan untuk proporsi konsumsi makanan beresiko dari katagori makanan berlemak berlebih sebesar 51,9% dan makanan tinggi gula sebesar 55,14% pada rentang usia 15-19 tahun. Kurang tidur juga diketahui dapat menyebabkan obesitas pada remaja. **Metode:** Penelitian ini berlangsung dari bulan Desember 2020 hingga Februari 2021. Penelitian yang bertempat di SMA Negeri 12 Jakarta ini merupakan penelitian observatif dengan pendekatan *cross-sectional*. Jumlah sampel dalam penelitan ini yaitu 63 remaja putri berusia 15-18 tahun. Data konsumsi gula tambahan diambil menggunakan *Semi-Quantitative Food Frequency Questionnaire* (SQ-FFQ), data konsumsi lemak diambil dengan metode *Food Recall* 3x24 jam, data aktivitas fisik diambil dengan kuesioner Physical Activity Level (PAL) WHO, dan durasi tidur menggunakan kuesioner Pittsburgh Sleep Quality Index (PSQI). Pengambilan data dilakukan secara daring karena adanya pandemi. **Hasil:** Tidak ada hubungan antara konsumsi gula tambahan, konsumsi lemak dan aktivitas fisik dengan status gizi lebih remaja putri. Namun terdapat hubungan antara durasi tidur dengan status gizi lebih remaja putri (p: 0,008).

Kata kunci: status gizi lebih, remaja putri, konsumsi gula, konsumsi lemak, aktivitas fisik, durasi tidur

**CORRELATION BETWEEN ADDED SUGAR INTAKE, FAT
INTAKE, PHYSICAL ACTIVITY, AND SLEEP DURATION
WITH OVER NUTRITION AMONG FEMALE ADOLESCENTS
IN 12 SENIOR HIGH SCHOOL JAKARTA**

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Abstract

*According to Riskesdas survey in 2018, in Jakarta Special Region of Indonesia, the prevalency of less physical activity among adolescents between 15-19 years old reaches 63,08%, the prevalency of high-fat food consumption is 51,9% dan high-sugar food consumption is 55,14% in age between 15-19 years old. Lack of sleep is also known to cause weigh-gain among adolescents. **Method:** This study was hold between December 2020 until February 2021. This research study was taken place in 12 Senior High School Jakarta. This observational with cross-sectional-approached study used 63 female youth between 15-18 years old. The added-sugar intake data was collected using Semi-Quantitative Food Frequency Questionnaire, the fat intake was collected using Food Recall 3x24 hours, physical activity level was measured with PAL questionnaire from WHO, and PSQI (Pittsburgh Sleep Quality Index) for the sleep duration. Due to pandemic situation, the research are conducted online. All data were analyzed by Chi Square SPSS version 16. **Results:** Half of the participants are obese (58,3%). There is no correlation between sugar intake, fat intake, and physical activity with obesity. But there is a correlation between sleep duration and obesity among female adolescents (p-value: 0,008)*

Keywords: *obesity, female adolescents, sugar intake, fat intake, physical activity, sleep duration.*