

HUBUNGAN KONSUMSI *FAST FOOD*, *SEDENTARY LIFE* DAN *SCREEN TIME* DENGAN KEJADIAN GIZI LEBIH PADA ANAK USIA SEKOLAH 9-11 TAHUN DI SD STRADA CAKUNG PAYANGAN, BEKASI

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ABSTRAK

Latar Belakang: Gizi lebih adalah keadaan tubuh seseorang yang mengalami berat badan berlebih karena kelebihan jumlah asupan energi yang disimpan dalam bentuk cadangan berupa lemak dari pada yang dikeluarkan. Prevalensi *overweight* pada anak umur 5-12 tahun masih tinggi yaitu 10,8% dan obesitas sebanyak 8,8%.
Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan antara konsumsi *fast food*, *sedentary life*, dan *screen time* dengan kejadian gizi lebih pada anak usia sekolah 9-11 tahun di SD Strada Cakung Payangan, Bekasi.
Metode: Penelitian ini menggunakan desain *cross sectional* dilakukan pada bulan maret sampai mei 2017 di SD Strada Cakung Payangan, Bekasi dengan siswa kelas 4 dan 5. Teknik pengambilan sampel dilakukan menggunakan teknik *random sampling*. Pengumpulan data diambil menggunakan kuisisioner serta pengukuran antropometri.
Hasil: Analisis univariat menunjukkan distribusi data responden meliputi jenis kelamin, usia, total / tingkat konsumsi *fast food*, *screen time* dan *sedentary life*. Analisis bivariat menggunakan uji *chi-square* terdapat hubungan bermakna antara konsumsi *fast food* (0,009), *sedentary life* (aktivitas fisik pada hari sekolah p value = 0,011) dan *screen time* (menonton televisi p value = 0,027 dan bermain *video games* p value = 0,032). Namun tidak adanya hubungan bermakna antara *sedentary life* (aktivitas fisik pada hari libur p value = 0,343).
Kesimpulan: Terdapat hubungan bermakna antara konsumsi *fast food*, *sedentary life* (aktivitas fisik pada hari sekolah) dan *screen time* dengan kejadian gizi lebih.

Kata kunci : Konsumsi *fast food*, *sedentary life*, *screen time*

THE RELATIONSHIP OF CONSUMPTION FAST FOOD, SEDENTARY LIFE AND SCREEN TIME WITH GENESIS NUTRITION MORE ON SCHOOL AGE CHILDREN 9-11 YEARS IN SD STRADA CAKUNG PAYANGAN, BEKASI

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ABSTRACT

Background: More nutrition is the State of one's body that are experiencing excess body weight due to the excess amount of intake of energy stored in the form of fat reserves in the form of issued in. The prevalence of overweight in children aged 5-12 years were still high that is 10.8% and 8.8% as much obesity. **Objectives:** This study aims to determine the relationship between the consumption of fast food, sedentary life, and screen time with the incidence of more nutrition in school age children 9-11 years in Primary School Strada Cakung payangan, Bekasi. **Method:** This research uses a cross sectional design performed ini March until May 2017 in SD Strada Cakung Payangan, Bekasi with grade IV and V. The sampling technique was done using random sampling technique. The data were collected using questionnaires and anthropometric measurements. **Result:** The univariate result shows the distribution of respondent data including sex, age, total / fast food consumption level, screen time and sedentary life. Result: The result of bivariate using chi-square test showed significant relationship between fast food consumption (0.009), sedentary life (physical activity on school day p value = 0,011) and screen time (watching television p value = 0,027 and playing video games p value = 0,032). However, there was no significant relationship between sedentary life (physical activity on holiday p value = 0.343). **Conclusion:** There is a significant relationship between fast food consumption, sedentary life (physical activity on school day) and screen time with more nutritional incidence.

Keywords: Consumption of fast food, sedentary life, screen time