

HUBUNGAN KEBIASAAN BERMAIN *GAME ONLINE*, UANG SAKU, DAN KONSUMSI *FAST FOOD* TERHADAP STATUS GIZI REMAJA PUTRA DI SMP NEGERI 12 KOTA DEPOK

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Abstrak

Berdasarkan Riset Kesehatan Dasar (Riskesdas) tahun 2018, prevalensi status gizi indeks massa tubuh menurut usia atau IMT/U pada remaja laki – laki usia 13 – 15 Tahun dalam kategori sangat kurus sebanyak 2,8%, kurus sebanyak 8,9%, gemuk 10,7% dan obesitas sebanyak 5,3%. Gaya hidup remaja cenderung mengikuti perkembangan zaman salah satunya kemajuan teknologi informasi, 8,2% remaja dari penduduk indonesia menggunakan *smartphone* untuk bermain *video game*. Salah satu karakteristik remaja ialah mudah terpengaruh, remaja cenderung mudah dipengaruhi gaya hidup dalam faktor bermain dan pola makan khususnya *fast food*, hal ini dipengaruhi uang saku sebagai faktor eksternal. Kebiasaan dan perilaku yang dari faktor -faktor tersebut mempengaruhi status gizi. Penelitian ini bertujuan untuk mengetahui kebiasaan bermain *game online*, uang saku dan konsumsi *fast food* terhadap status gizi remaja putra di SMP Negeri 12 Kota Depok. Penelitian ini dilakukan berdasarkan observasional analitik dengan desain penelitian *cross sectional*. Populasi sebanyak 696 orang dengan subyek penelitian berjumlah 125 orang berdasarkan teknik *stratified random sampling*. Uji statistik yang digunakan adalah *chi – square*. Berdasarkan hasil temuan peneliti, menunjukkan bahwa terdapat hubungan antara kecanduan bermain dengan status gizi remaja di SMP Negeri 12 Depok ($p\ value\ 0,046 < 0,005$) dan uang saku dengan status gizi ($p\ value\ 0,020 < 0,005$).

Kata Kunci : Game Online, Uang Saku, Konsumsi *Fast Food* dan Status Gizi

THE RELATIONSHIP BETWEEN ONLINE GAMING HABITS, POCKET MONEY, AND FAST FOOD CONSUMPTION ON THE NUTRITIONAL STATUS OF YOUNG MEN IN SMP NEGERI 12 DEPOK CITY

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Abstract

Based on Basic Health Research (Riskesdas) in 2018, the prevalence of nutritional status of the body mass index by age or BMI / U in adolescent boys aged 13-15 years in the very thin category as much as 2.8%, underweight as much as 8.9%, fat 10.7% and obesity as much as 5.3%. The lifestyle of teenagers tends to keep up with the times, one of which is the advancement of information technology, 8.2% of teenagers from the Indonesian population use smartphones to play video games. One of the characteristics of adolescents is easily influenced, adolescents tend to be easily influenced by lifestyle in play factors and diet, especially fast food, this is influenced by pocket money as an external factor. The habits and behaviors of these factors affect nutritional status. This study aims to determine the habits of playing online games, pocket money and fast food consumption on the nutritional status of adolescent boys in SMP Negeri 12 Depok City. This study was conducted based on observational analytics with a cross-sectional research design. The population was 696 people with 125 subjects based on stratified random sampling techniques. The statistical test used is chi – square. Based on the findings of researchers, it shows that there is a relationship between play addiction and nutritional status of adolescents in SMP Negeri 12 Depok (p value $0.046 < 0.005$) and pocket money with nutritional status (p value $0.020 < 0.005$).

Keywords: *Online Games, Pocket Money, Fast Food Consumption and Nutritional Status*