

# **HUBUNGAN *GAME ONLINE* DAN POLA MAKAN DENGAN STATUS GIZI REMAJA PADA SISWA SMAN 6 DEPOK TAHUN 2019**

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## **Abstrak**

Pengguna *game online* di Indonesia telah mencapai 60 juta pada tahun 2018 dan didominasi oleh usia remaja. Prevalensi status gizi remaja pada tahun 2017 sebesar 0,9% sangat kurus dan 3,0% kurus. Remaja memiliki pola makan yang sedikit dan kurang beragam. Tujuan penelitian mengetahui hubungan *game online* dan pola makan dengan status gizi remaja. Metode penelitian kuantitatif dengan desain *cross-sectional*, menggunakan teknik *purposive sampling*. Jumlah sampel 118 responden. Alat ukur kuesioner status gizi. Data dianalisis menggunakan uji *chi-square*. Hasil penelitian menunjukkan tidak ada hubungan antara *game online* dengan status gizi remaja dan ada hubungan antara pola makan dengan status gizi remaja. Disarankan untuk menguji hubungan antara *game online* dengan pola makan pada penelitian selanjutnya.

**Kata Kunci :** *Game Online*, Pola Makan, Status Gizi, Remaja

**THE RELATION BETWEEN *GAME ONLINE* AND  
EAT PATTERN WITH NUTRITIONAL STATUS OF  
ADOLESCENTS AT SENIOR HIGH SCHOOL 6 DEPOK  
IN 2019**

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**Abstract**

Users of online games in Indonesia have reached 60 million in 2018 and dominated by adolescents. The prevalence of adolescent nutrition status in 2017 is 0.9%, very thin and 3.0% thin. The adolescent has an eating pattern that is few and less diverse. The purpose of the study was to determine the relationship between online games and diet with adolescent nutritional status. Quantitative research method with a cross-sectional design, using a purposive sampling technique. The number of samples is 118 respondents. I Nutrition status questionnaire. The data were analyzed using the chi-square test. The results showed that there was no relationship between online games and adolescent nutritional status and there was a relationship between diet and adolescent nutritional status. It is recommended to test the relationship between online games and eat patterns in subsequent studies.

**Keywords:** Adolescents, Eat Pattern, Nutritional Status, Online Games