

HUBUNGAN PENGGUNAAN MEDIA SOSIAL DAN KONSUMSI MAKANAN BERISIKO DENGAN KEJADIAN HIPERTENSI PADA REMAJA PENGGUNA LAYANAN ONLINE FOOD DELIVERY DI SMA NEGERI 2 BOGOR

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Abstrak

Survei Kesehatan Indonesia (SKI) tahun 2023 melaporkan bahwa terdapat 32,6% individu usia >15 tahun mengalami hipertensi di Jawa Barat berdasarkan hasil pengukuran dan 9,9% berdasarkan diagnosis dokter. Hipertensi yaitu salah satu masalah kesehatan yang semakin banyak ditemukan pada usia remaja. Penelitian ini bertujuan untuk menganalisis hubungan antara frekuensi penggunaan media sosial dan konsumsi makanan berisiko dengan kejadian hipertensi pada remaja pengguna layanan OFD (*online food delivery*) di SMA Negeri 2 Bogor. Desain penelitian ini adalah *cross-sectional* dengan jumlah responden sebanyak 110 siswa di SMA Negeri 2 Kota Bogor usia 15-18 tahun yang dipilih menggunakan teknik *probability sampling*. Data tekanan darah diukur menggunakan tensimeter digital, konsumsi makanan berisiko diukur menggunakan FFQ dan penggunaan media sosial diukur menggunakan kuesioner. Analisis data dilakukan menggunakan uji *chi square*. Hasil analisis univariat diketahui bahwa sebanyak 64 siswa memiliki tekanan darah dalam kategori hipertensi (54,2%). Responden didominasi oleh frekuensi penggunaan media sosial tinggi (55,1%), konsumsi makanan berisiko gula (80,5%), garam (73,7%) dan lemak (76,3%) kategori jarang. Berdasarkan hasil bivariat diketahui bahwa frekuensi penggunaan media sosial dan konsumsi makanan berisiko gula, garam dan lemak tidak berhubungan dengan kejadian hipertensi pada remaja pengguna layanan OFD ($p=0,779$; $p=0,649$; $p=0,895$; $p=0,568$)

Kata Kunci: Remaja, Hipertensi, Makanan Berisiko, Media Sosial, Online Food Delivery

THE RELATIONSHIP BETWEEN SOCIAL MEDIA USE AND CONSUMPTION OF RISKY FOODS WITH THE INCIDENCE OF HYPERTENSION AMONG ADOLESCENTS USING ONLINE FOOD DELIVERY AT SMA NEGERI 2 BOGOR

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Abstract

The 2023 Indonesian Health Survey (SKI) reported that 32.6% of individuals aged >15 years had hypertension in West Java based on measurement results and 9.9% based on doctor diagnosis. Hypertension is one of the health issues increasingly found among adolescents. This study aims to analyze the relationship between the frequency of social media use and consumption of risky foods with the occurrence of hypertension among adolescents using OFD (online food delivery) services at SMA Negeri 2 Bogor. The study design was cross-sectional, with 110 respondents aged 15–18 years at SMA Negeri 2 Bogor selected using probability sampling. Blood pressure was measured using a digital sphygmomanometer, risky food consumption was assessed using a food frequency questionnaire (FFQ), and social media use was measured using a questionnaire. Data analysis was performed using the chi-square test. Univariate analysis revealed that 64 students had blood pressure in the hypertension category (54.2%). Respondents were predominantly characterized by high social media usage frequency (55.1%), and low consumption of high-risk foods such as sugar (80,5%), salt (73,7%), and fat (76,3%). Based on the bivariate results, it was found that the frequency of social media use and consumption of high-risk foods containing sugar, salt, and fat were not associated with the occurrence of hypertension among adolescents using OFD services ($p=0,779$; $p=0,649$; $p=0,895$; $p=0,568$).

Kata Kunci: *Adolescents, Hypertension, Social Media, Online Food Delivery, high risk consumption*