

# **PERBEDAAN FREKUENSI KONSUMSI *FAST FOOD*, *EMOTIONAL EATING* DAN AKTIVITAS FISIK PADA REMAJA DI SMA BERASRAMA DAN SMA TIDAK BERASRAMA SERTA HUBUNGANNYA DENGAN BERAT BADAN LEBIH**

**Dinda Gloria Zebua**

## **Abstrak**

Remaja yang menetap di asrama dan yang tinggal di luar asrama menunjukkan perbedaan dalam kebiasaan makan, gaya hidup, akses makanan, rutinitas harian, dan tingkat stres, yang semuanya dapat memengaruhi kebiasaan makan dan berdampak pada status gizi. Penelitian ini bertujuan untuk menganalisis perbedaan frekuensi konsumsi *fast food*, *emotional eating*, dan aktivitas fisik serta hubungannya dengan kejadian berat badan lebih pada siswa SMA berasrama dan tidak berasrama. Studi ini menggunakan desain *komparatif* dengan pendekatan kuantitatif. Sampel terdiri dari 110 orang, yang terbagi secara merata antara kelompok berasrama dan tidak berasrama (masing-masing 55 orang), sampel diperoleh dengan teknik *stratified random sampling*. Data dianalisis menggunakan uji statistik *Independent Samples T-test* dan *Chi-Square*. Hasil penelitian menunjukkan terdapat perbedaan signifikan antara kelompok asrama dan non-asrama pada frekuensi konsumsi *fast food* ( $p=0,000$ ), *emotional eating* ( $p=0,011$ ) dan aktivitas fisik ( $p=0,007$ ) serta ada hubungan yang signifikan antara frekuensi konsumsi *fast food* ( $p=0.018$ ) dan aktivitas fisik ( $p=0.022$ ) dengan berat badan lebih di asrama tetapi tidak ada hubungan ketiga variabel tersebut dengan berat badan lebih di non asrama. Temuan ini menunjukkan perlunya perhatian khusus dari pihak sekolah, baik asrama maupun non-asrama, untuk memberikan edukasi terkait gizi dan pola hidup sehat sebagai upaya pencegahan masalah berat badan lebih pada remaja.

**Kata Kunci :** *Fast Food*, *Emotional Eating*, Aktivitas Fisik, Berat Badan Lebih, Asrama, Non Asrama.

# **THE DIFFERENCES BETWEEN FAST FOOD CONSUMPTION FREQUENCY, EMOTIONAL EATING AND PHYSICAL ACTIVITY AMONG ADOLESCENTS IN BOARDING AND NON-BOARDING SENIOR HIGH SCHOOLS AND THEIR RELATIONSHIP WITH OVERNUTRITION**

**Dinda Gloria Zebua**

## **Abstract**

Adolescents who reside in boarding schools and those who live outside boarding settings exhibit differences in eating habits, lifestyle, food access, daily routines, and stress levels—all of which can influence eating behavior and impact nutritional status. This study aims to analyze differences in the frequency of fast food consumption, emotional eating, and physical activity, as well as their association with overweight incidence among high school students in boarding and non-boarding environments. The study employed a comparative design with a quantitative approach. The sample consisted of 110 participants, evenly divided between boarding and non-boarding students (55 individuals in each group), selected using stratified random sampling. Data were analyzed using Independent Samples T-test and Chi-Square statistical tests. The results revealed significant differences between the boarding and non-boarding groups in terms of fast food consumption frequency ( $p=0.000$ ), emotional eating ( $p=0.011$ ), and physical activity ( $p=0.007$ ). Additionally, there was a significant association between fast food consumption ( $p=0.018$ ) and physical activity ( $p=0.022$ ) with overweight status among boarding students. However, no significant relationship was found between the three variables and overweight among non-boarding students. These findings highlight the need for schools, both boarding and non-boarding, to provide nutrition education and promote healthy lifestyles as preventive measures against overnutrition in adolescents.

**Keywords :** Fast Food, Emotional Eating, Physical Activity, Overnutrition, Boarding School, Non-Boarding School.