

HUBUNGAN KONSUMSI *JUNK FOOD* , *ULTRA PROCESSED FOOD*, DAN *SUGAR-SWEETENED BEVERAGES* DENGAN PERSEN LEMAK TUBUH PADA REMAJA DI SMAN 109 JAKARTA

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Abstrak

Remaja ialah sebuah kelompok usia yang tergolong rentan mengalami permasalahan gizi. Obesitas yakni suatu wujud permasalahan gizi yang kerap dialami oleh remaja. Remaja yang mengalami obesitas terjadi peningkatan lemak tubuh. Peningkatan lemak tubuh dapat dilihat dari persentase lemak tubuh. Salah satu penyebab tingginya persen lemak tubuh adalah dengan konsumsi makanan atau minuman yang tinggi kalori. Salah satu contoh makanan dan minuman yang mengandung kalori tinggi meliputi *junk food*, makanan ultra proses, serta minuman berpemanis (*sugar sweetened beverages*). Penelitian ini tujuannya guna menganalisa hubungan diantara konsumsi *junk food*, *ultra-processed food*, serta *sugar-sweetened beverages* bersama persentase lemak tubuh pada remaja di SMA Negeri 109 Jakarta. Penelitian ini berlangsung di SMA Negeri 109 Jakarta melalui desain penelitian *cross-sectional*. Teknik pengambilan sampel yakni *stratified random sampling* dalam jumlah sampel 162 siswa/i kelas XI. Persen lemak tubuh dilakukan pengukurannya mempergunakan BIA, serta frekuensi konsumsi *junk food* , UPF, SSB menerapkan FFQ. Analisis bivariat mempergunakan uji *chi-square*. Mengacu dalam hasil analisa terketahui konsumsi *junk food* berkaitan pada persen lemak tubuh pada remaja di SMA Negeri 109 Jakarta ($p=0,037$), sementara konsumsi UPF dan SSB tidak berkaitan pada persen lemak tubuh pada remaja di SMA Negeri 109 Jakarta ($p=0,823$; $p=0,496$).

Kata Kunci: Persen Lemak Tubuh, *Junk food* , *Ultra processed food*, *Sugar Sweetened Beverages*, Remaja.

RELATIONSHIP BETWEEN CONSUMPTION OF *JUNK FOOD* , *ULTRA PROCESSED FOOD*, AND SUGAR-SWEETENED BEVERAGES WITH BODY FAT PERCENTAGE IN ADOLESCENTS AT SMAN 109 JAKARTA

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Abstract

Adolescents are one of the age groups considered vulnerable to nutritional problems. Obesity is a form of nutritional problem often experienced by adolescents. Adolescents who experience obesity experience an increase in body fat. The increase in body fat can be seen from the percentage of body fat. One of the causes of high body fat percentage is the consumption of foods or drinks that are high in calories. Examples of foods and drinks containing high calories include junk food, ultra-processed foods, and sugar-sweetened beverages. This study aims to analyze the relationship between the consumption of junk food, ultra-processed food, and sugar-sweetened beverages with body fat percentage in adolescents at SMA Negeri 109 Jakarta. This study was conducted at SMA Negeri 109 Jakarta with a cross-sectional study design. The sampling technique was stratified random sampling with a sample size of 162 students in grade XI. Body fat percentage was measured using BIA, and the frequency of junk food consumption, UPF, SSB using FFQ. Bivariate analysis used the chi-square test. Based on the analysis results, it is known that junk food consumption is related to body fat percentage in adolescents at SMA Negeri 109 Jakarta ($p=0.037$), while UPF and SSB consumption is not related to body fat percentage in adolescents at SMA Negeri 109 Jakarta ($p=0.823$; $p=0.496$).

Keywords: Body Fat Percentage, *Junk food* , *Ultra processed food*, *Sugar sweetened beverages*, Adolescents.