

HUBUNGAN *SOCIAL JETLAG*, PENGETAHUAN GIZI, DAN SIKAP TERHADAP MAKANAN BERGIZI SEIMBANG DENGAN PERILAKU MAKAN PADA REMAJA DI SMPN 1 SUMUR, DAERAH PANDEGLANG, BANTEN

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Abstrak

Perilaku makan merupakan pola yang mencakup kebiasaan makan, frekuensi makan, jenis diet, serta pemilihan makanan yang dikonsumsi. Pada remaja, pola konsumsi makanan cepat saji serta kebiasaan makan hanya untuk merasa kenyang tanpa memperhatikan kandungan gizi masih sering ditemukan, yang sering kali disebabkan oleh kurangnya pengetahuan gizi. Kebiasaan tersebut berpotensi memicu permasalahan gizi baik berupa kekurangan maupun kelebihan gizi. Penelitian ini bertujuan untuk mengetahui hubungan *social jetlag*, pengetahuan gizi, dan sikap terhadap makanan bergizi seimbang dengan perilaku makan pada remaja di SMPN 1 Sumur, Pandeglang, Banten. Penelitian menggunakan desain cross-sectional dengan melibatkan 110 siswa kelas VII dan VIII melalui teknik *stratified random sampling*. Hasil analisis bivariat menunjukkan terdapat hubungan signifikan antara *social jetlag (weekend)* ($p = 0,005$), pengetahuan gizi ($p = 0,022$), dan sikap terhadap makanan bergizi seimbang ($p = 0,032$) dengan perilaku makan pada remaja di SMPN 1 Sumur. Namun, tidak ditemukan hubungan signifikan antara *social jetlag (weekday)* ($p = 0,666$) dengan perilaku makan. Disarankan responden memperbaiki perilaku makan dengan memilih makanan bergizi, menjaga pola tidur untuk mengurangi *social jetlag*, meningkatkan pengetahuan gizi, serta membangun sikap positif terhadap makanan bergizi seimbang.

Kata kunci: Perilaku Makan, *Social Jetlag*, Pengetahuan Gizi, Sikap Terhadap Makanan Bergizi Seimbang

RELATIONSHIP BETWEEN SOCIAL JETLAG, NUTRITION KNOWLEDGE, ATTITUDE TOWARDS BALANCED NUTRITION FOOD WITH EATING BEHAVIOUR OF ADOLESCENTS IN JUNIOR HIGH SCHOOL 1 SUMUR, PANDEGLANG REGION, BANTEN

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Abstract

Eating behavior is a pattern that includes eating habits, eating frequency, type of diet, and food choices. Among adolescents, the consumption of fast food and the habit of eating merely to feel full without considering nutritional content are still common, often due to limited nutritional knowledge. Such habits have the potential to trigger nutritional problems, both undernutrition and overnutrition. This study aimed to determine the relationship between social jetlag, nutritional knowledge, and attitudes toward balanced nutrition with eating behavior among adolescents at SMPN 1 Sumur, Pandeglang, Banten. The study used a cross-sectional design involving 110 seventh- and eighth-grade students selected through stratified random sampling. Bivariate analysis showed a significant relationship between social jetlag (weekend) ($p = 0.005$), nutritional knowledge ($p = 0.022$), and attitudes toward balanced nutrition ($p = 0.032$) with eating behavior among adolescents. However, there was no significant relationship between social jetlag (weekday) ($p = 0.666$) and eating behavior. It is recommended that respondents improve their eating behavior by choosing nutritious foods, maintaining sleep patterns to reduce social jetlag, increasing nutritional knowledge, and fostering positive attitudes toward balanced nutrition.

Keywords: Eating Behaviour, Social Jetlag, Nutritional Knowledge, Attitudes Towards Balanced Nutritious Food