

GAMBARAN KONSUMSI SAYUR DAN BUAH, TINGKAT STRESS STATUS GIZI LEBIH DAN OBESITAS PADA REMAJA SMAN 6 DEPOK

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Abstrak

Gizi lebih dan obesitas adalah “malnutrisi yang kian meningkat prevalensinya pada remaja, yang ditentukan melalui IMT/U. Terdapat hubungan antara gizi lebih serta obesitas dengan tingkat stres secara berbanding lurus dan tingkat konsumsi sayur buah secara berbanding terbalik. Penelitian ini bertujuan untuk mengetahui gambaran konsumsi sayur dan buah serta tingkat stress, status gizi berlebih dan obesitas pada remaja SMAN 6 Depok tahun 2025. Metode yang digunakan diantara lain metode *cross sectional* dengan teknik *proportionate stratified random sampling* dan sampel sebanyak 278 responden. Pengumpulan data dilakukan dengan melalui pengisian kuesioner via formulir kertas dan pengukuran untuk mengetahui status gizi responden. Hasil penelitian menunjukkan bahwa status gizi lebih sebesar 18,7% serta obesitas sebesar 7,6%; tingkat stress mayoritas remaja SMAN 6 Depok termasuk sedang (85%); tingkat konsumsi sayur (85%) serta buah (54%) remaja SMAN 6 Depok termasuk dalam kategori kurang.”

Kata Kunci : Tingkat_Stres, Konsumsi_Sayur, Konsumsi_Buah, Gizi_Lebih, Obesitas, Status_Gizi, Remaja.

OVERVIEW OF VEGETABLE AND FRUIT CONSUMPTION, STRESS LEVEL, OVERWEIGHT STATUS AND OBESITY IN ADOLESCENTS OF SMAN 6 DEPOK

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Abstract

Overweight and obesity are forms of malnutrition “that are increasingly prevalent among adolescents and are determined using BMI-for-age indicators. Various studies have shown that there is a direct relationship between overnutrition and obesity with stress levels, where higher stress tends to correlate with increased risk of overweight and obesity. Conversely, the level of fruit and vegetable consumption has an inverse relationship, where higher intake may help reduce the risk. This study aims to describe the levels of fruit and vegetable consumption, stress levels, and the nutritional status related to overnutrition and obesity among students of SMAN 6 Depok in the year 2025. The research used a quantitative cross-sectional design with a proportionate stratified random sampling technique, involving a total of 278 adolescent respondents. Data collection was conducted through self-reported paper-based questionnaires and anthropometric measurements to assess nutritional status. The findings revealed that 18.7% of respondents were categorized as overweight, while 7.6% were obese. Additionally, most students (85%) experienced moderate levels of stress. In terms of dietary patterns, 60,4% of students had insufficient fruit and vegetable intake based on daily recommendations. These results highlight the need for integrated school-based interventions targeting stress management and healthy eating habits as part of broader efforts to prevent adolescent obesity and improve nutritional health outcomes.”

Keyword : *Stress_Level, Vegetable_Consumption, Fruit_Consumption, Obesity, Overweight, Nutritional_Status, Adolescent*