

# **HUBUNGAN DURASI PENGGUNAAN MEDIA SOSIAL, PEMILIHAN MAKANAN, KONSUMSI MINUMAN BERPEMANIS, KUALITAS TIDUR, DAN CITRA TUBUH DENGAN GIZI LEBIH PADA REMAJA USIA 16-18 TAHUN DI SMAN 3 DEPOK**

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## **Abstrak**

Penelitian ini bertujuan menganalisis hubungan penggunaan media sosial, pemilihan makanan, konsumsi minuman berpemanis, kualitas tidur, dan citra tubuh berkaitan dengan kejadian gizi lebih pada remaja usia 16–18 tahun di SMAN 3 Depok. Penelitian menggunakan desain *cross-sectional* pada 120 responden yang dipilih secara *stratified random sampling*. Data dikumpulkan melalui pengukuran antropometri, data durasi penggunaan media sosial dari fitur *Digital Well-being/Screen Time*, serta kuesioner FCQ, FFQ, PSQI, dan BSQ-16. Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki status gizi lebih (50,8%), durasi penggunaan media sosial tinggi (51,7%) yaitu di atas median 6 jam sehari, konsumsi minuman berpemanis sering (52,5%), kualitas tidur buruk (43,3%), dan memiliki kekhawatiran terhadap bentuk tubuh (58,3%). Hasil uji *Chi-Square* menunjukkan hubungan signifikan antara durasi penggunaan media sosial ( $p\text{-value} = 0,000$ ; OR = 5,029), faktor suasana hati ( $p\text{-value} = 0,000$ ) dan faktor kemudahan ( $p\text{-value} = 0,045$ ) dalam pemilihan makanan yang cenderung meningkatkan risiko gizi lebih, frekuensi konsumsi minuman berpemanis ( $p\text{-value} = 0,004$ ; OR = 2,981), kualitas tidur rendah ( $p\text{-value} = 0,002$ ; OR = 3,326), dan kekhawatiran citra tubuh ( $p\text{-value} = 0,006$ ; OR = 2,831) dengan kejadian gizi lebih. Analisis regresi logistik menunjukkan bahwa dimensi pengendalian berat badan pada variabel pemilihan makanan memiliki hubungan paling kuat dengan status gizi lebih (OR = 12,236; 95% CI: 3,169–47,238).

**Kata Kunci:** Citra Tubuh, Gizi Lebih, Kualitas Tidur, Media Sosial, Minuman Berpemanis, Pemilihan Makanan

**THE RELATIONSHIP BETWEEN THE DURATION OF SOCIAL  
MEDIA USE, FOOD CHOICES, CONSUMPTION OF SUGAR-  
SWEETENED BEVERAGES, SLEEP QUALITY, AND BODY  
IMAGE WITH OVERNUTRITION AMONG ADOLESCENTS  
AGED 16–18 YEARS AT SMAN 3 DEPOK**

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***Abstract***

*Social media use, food choices, sugar-sweetened beverage consumption, sleep quality, and body image are associated with overnutrition among adolescents. This study aimed to analyse the relationship between these factors and overnutrition among adolescents aged 16–18 years at SMAN 3 Depok. A cross-sectional study was conducted among 120 respondents selected using stratified random sampling. Data were collected through anthropometric measurements, social media use duration from the Digital Well-being/Screen Time feature, and the FCQ, FFQ, PSQI, and BSQ-16 questionnaires. Results showed that most respondents had high social media use (51.7%) or more than 6 hours per day as median, frequent sugar-sweetened beverage consumption (52.5%), poor sleep quality (43.3%), and concerns about body shape (58.3%). Chi-square analysis revealed significant associations between social media use ( $p = 0.000$ ; OR = 5.029), mood ( $p = 0.000$ ) and convenience ( $p = 0.045$ ) factors in food choice, sugar-sweetened beverage consumption ( $p = 0.004$ ; OR = 2.981), poor sleep quality ( $p = 0.002$ ; OR = 3.326), and anxiety of their body image ( $p = 0.006$ ; OR = 2.831) with overnutrition. Binary logistic regression analysis showed that the weight control dimension of the food choice variable had the strongest association with overweight status (OR = 12.236; 95% CI: 3.169–47.238).*

**Keywords:** *Body Image, Food-Choices, Overnutrition, Sleep-Quality, Social Media, Sugar-Sweetened Beverages*