

HUBUNGAN KONSUMSI *FAST FOOD*, MINUMAN BERKAFEIN BERPEMANIS, DAN PERILAKU SEDENTARI DENGAN STATUS GIZI LEBIH SERTA TEKANAN DARAH PADA REMAJA USIA 16-18 TAHUN DI SMAN 3 DEPOK

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Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara konsumsi fast food, minuman berkafein berpemanis, dan perilaku sedentari dengan status gizi lebih serta tekanan darah pada remaja usia 16–18 tahun di SMAN 3 Depok. Penelitian ini menggunakan desain cross-sectional dengan jumlah sampel sebanyak 125 orang yang merupakan siswa-siswi kelas X dan XI di SMA 3 Depok yang dipilih menggunakan teknik stratified random sampling. Data diperoleh melalui pengukuran antropometri (TB dan BB), pengukuran tekanan darah, serta kuesioner ASAQ dan SQ-FFQ. Berdasarkan hasil penelitian, sebagian besar remaja memiliki status gizi lebih (51,2%) dan sebesar 35,2% remaja mengalami peningkatan tekanan darah. Hampir separuh responden (49,6%) termasuk dalam kategori sering mengonsumsi fast food, sedangkan 48,8% remaja sering mengonsumsi minuman berkafein berpemanis. Selain itu, mayoritas responden memiliki perilaku sedentari yang tinggi (64,8%). Analisis data menggunakan uji Chi-Square menunjukkan adanya hubungan signifikan antara frekuensi konsumsi fast food dengan status gizi ($p=0,000$; OR=12,062) dan tekanan darah ($p=0,000$; OR=7,778). Frekuensi konsumsi minuman berkafein berpemanis berhubungan signifikan dengan status gizi ($p=0,000$; OR=3,654) dan tekanan darah ($p=0,000$; OR=5,679). Perilaku sedentari berhubungan signifikan dengan status gizi ($p=0,014$; OR=2,545), namun tidak dengan tekanan darah ($p=0,171$).

Kata Kunci: Konsumsi *Fast Food*, Konsumsi Minuman Berkafein Berpemanis, Perilaku Sedentari, Status Gizi Lebih, Tekanan Darah

THE RELATIONSHIP BETWEEN FAST FOOD CONSUMPTION, SUGAR SWEETENED CAFFEINATED BEVERAGE INTAKE, AND SEDENTARY BEHAVIOR WITH OVERWEIGHT NUTRITIONAL STATUS AND BLOOD PRESSURE AMONG ADOLESCENTS AGED 16–18 YEARS AT SMAN 3 DEPOK

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Abstract

This study aimed to determine the association between fast food consumption, sugar-sweetened caffeinated beverage consumption, and sedentary behavior with overweight status and blood pressure among adolescents aged 16–18 years at SMAN 3 Depok. This study employed a cross-sectional design with a total sample of 125 students from grades X and XI at SMAN 3 Depok, selected using a stratified random sampling technique. Data were collected through anthropometric measurements (height and weight), blood pressure measurements, and the ASAQ and SQ-FFQ questionnaires. Based on the study results, the majority of adolescents were classified as overweight (51.2%), and 35.2% experienced elevated blood pressure. Nearly half of the respondents (49.6%) were categorized as frequently consuming fast food, while 48.8% frequently consumed sugar-sweetened caffeinated beverages. In addition, most respondents had high sedentary behavior (64.8%). Data analysis using the Chi-Square test showed a significant association between the frequency of fast food consumption and nutritional status ($p=0.000$; $OR=12.062$) as well as blood pressure ($p=0.000$; $OR=7.778$). The frequency of sugar-sweetened caffeinated beverage consumption was also significantly associated with nutritional status ($p=0.000$; $OR=3.654$) and blood pressure ($p=0.000$; $OR=5.679$). Sedentary behavior was significantly associated with nutritional status ($p=0.014$; $OR=2.545$), but not with blood pressure ($p=0.171$).

Keywords: Fast Food Consumption, Sugar-Sweetened Caffeinated Beverage Consumption, Sedentary Behavior, Overweight Nutritional Status, Blood Pressure