

DETERMINAN PERSENTASE LEMAK TUBUH PADA REMAJA GEN Z (15-17 TAHUN) DI DEPOK TAHUN 2026

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Abstrak

Persentase lemak tubuh menggambarkan adipositas lebih spesifik dibandingkan indeks massa tubuh karena mampu membedakan massa lemak dan massa bebas lemak. Penelitian ini bertujuan menganalisis hubungan konsumsi *ultra-processed food* (UPF), aktivitas fisik, *screen time*, kualitas tidur, dan asupan lemak jenuh dengan persentase lemak tubuh pada remaja usia 15-17 tahun di Kota Depok. Penelitian kuantitatif observasional ini menggunakan desain *cross-sectional* pada 244 siswa SMAN 6 Depok dan SMAN 9 Depok. Persentase lemak tubuh diukur menggunakan *bioelectrical impedance analysis*. Konsumsi UPF, aktivitas fisik, *screen time*, kualitas tidur, dan asupan lemak jenuh dinilai menggunakan SQ-FFQ, PAQ-A, QueST, PSQI, dan *food recall* 2×24 jam. Data dianalisis menggunakan uji korelasi Spearman. Persentase lemak tubuh kategori tinggi ditemukan pada 32,3% remaja laki-laki dan 22,1% remaja perempuan. Aktivitas fisik berhubungan signifikan dengan persentase lemak tubuh. Semakin tinggi skor PAQ-A, menunjukkan tingkat aktivitas fisik semakin tinggi dengan persentase lemak tubuh lebih rendah ($r_s = -0,301$; $p < 0,001$). Kualitas tidur juga berhubungan signifikan. Semakin tinggi skor PSQI, menunjukkan kualitas tidur lebih buruk dan persentase lemak tubuh semakin tinggi ($r_s = 0,174$; $p = 0,007$). Konsumsi UPF, *screen time*, dan asupan lemak jenuh tidak berhubungan signifikan dengan persentase lemak tubuh. Peningkatan aktivitas fisik dan perbaikan kualitas tidur perlu didukung untuk menjaga komposisi tubuh remaja.

Kata Kunci: remaja, persentase lemak tubuh, aktivitas fisik, kualitas tidur, *ultra-processed food*

DETERMINANTS OF BODY FAT PERCENTAGE AMONG GEN Z ADOLESCENTS (15-17 YEARS) IN DEPOK IN 2026

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Abstract

Body fat percentage describes adiposity more specifically than body mass index because it distinguishes fat mass from fat-free mass. This study aimed to analyze the associations of ultra-processed food (UPF) consumption, physical activity, screen time, sleep quality, and saturated fat intake with body fat percentage among adolescents aged 15-17 years in Depok City. This quantitative observational cross-sectional study involved 244 students from SMAN 6 Depok and SMAN 9 Depok. Body fat percentage was measured using bioelectrical impedance analysis. UPF consumption, physical activity, screen time, sleep quality, and saturated fat intake were assessed using SQ-FFQ, PAQ-A, QueST, PSQI, and two 24-hour food recalls. Data were analyzed using Spearman's correlation. High body fat percentages occurred in 32.3% of male adolescents and 22.1% of female adolescents. Physical activity was significantly associated with body fat percentage. Higher PAQ-A scores indicated higher physical activity and were associated with lower body fat percentage ($r_s = -0.301$; $p < 0.001$). Sleep quality was significantly associated. Higher PSQI scores indicated poorer sleep quality and higher body fat percentage ($r_s = 0.174$; $p = 0.007$). UPF consumption, screen time, and saturated fat intake were not significantly associated with body fat percentage. Increased physical activity and improved sleep quality should be supported to maintain adolescent body composition.

Keywords: adolescents, body fat percentage, physical activity, sleep quality, ultra-processed food