

Hubungan konsumsi makanan cepat saji dengan kejadian obesitas pada remaja di SMPN 115 Jakarta = The correlation between fast foods consumption and the incidence of obesity in adolescents at Junior High School 115 Jakarta

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Abstrak

Memiliki tubuh ideal adalah impian remaja, namun gaya hidup remaja memengaruhi kecenderungan obesitas. Mengonsumsi makanan cepat saji akan memengaruhi kenaikan berat badan pada remaja. Penelitian ini bertujuan untuk mengidentifikasi hubungan konsumsi makanan cepat saji dengan kejadian obesitas pada remaja. Penelitian deskriptif dengan pendekatan cross sectional, bertempat di SMPN 115 Jakarta dengan sampel 97 remaja usia 13-14 tahun, dipilih dengan stratified sampling. IMT diperoleh berdasarkan BMI/U, dan konsumsi makanan cepat saji menggunakan kuesioner Food Frequency Questioner (FDA, 2006). Data dianalisis dengan uji chi square. Responden lebih banyak perempuan (58,8%) dibandingkan laki-laki (42,2%). Jenis makanan cepat saji yang banyak dikonsumsi yaitu es krim (57,7%), bahan olahan ayam (57,7%), serta coklat (55,7%). Hasil IMT menunjukkan remaja mengalami obesitas sebesar 15,5%. Tidak terdapat hubungan antara konsumsi makanan cepat saji dengan kejadian obesitas pada remaja (OR=0,851; p=0,775). Terjadinya obesitas pada remaja bisa dipengaruhi oleh faktor lain seperti tingkat aktivitas fisik yang rendah, tingkat konsumsi yang tinggi, gaya hidup mewah, dan genetik.

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Adolescence dreams to have an ideal body weight, however their lifestyle increases the risk of obesity. Consuming fast foods causes weight gain in adolescents. This study aimed to identify the correlation between fast foods consumption and the incidence of obesity in adolescents. It was a descriptive study with cross sectional approach, at Junior High School 115 Jakarta. The samples were 97 adolescents aged 13-14 years, selected by stratified sampling. BMI was obtained based on BMI per age, and fast foods consumption was measured using Food Frequency Questionnaire (FDA, 2006). Data were analyzed by chi square test. There were more female respondents (58.8%) than males (42.2%). The fast foods widely consumed were ice cream (57.7%), processed chicken (57.7%), and chocolate (55.7%). Results showed that 15.5% of adolescents were obese. There was no correlation between fast foods consumption and the incidence of obesity in adolescents (OR= 0.851; p= 0.775). The occurrence of obesity in adolescents can be influenced by other factors such as low level of physical activities, high consumption levels, luxurious lifestyle and genetics.