



**UNIVERSITAS ANDALAS**

**HUBUNGAN PENGETAHUAN GIZI DAN KONSUMSI**

***JUNK FOOD* DENGAN KEJADIAN OBESITAS**

**PADA REMAJA SMAN 9 PADANG**

**TAHUN 2018**

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**FAKULTAS KESEHATAN MASYARAKAT**

**UNIVERSITAS ANDALAS**

**PADANG 2018**

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UNIVERSITAS ANDALAS**

**Skripsi, Agustus 2018**

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**HUBUNGAN PENGETAHUAN GIZI DAN KONSUMSI JUNK FOOD DENGAN  
KEJADIAN OBESITAS PADA REMAJA DI SMAN 9 PADANG TAHUN 2018**

x + 55 halaman, 20 tabel, 2 gambar, 6 lampiran

**ABSTRAK**

**Tujuan Penelitian**

Obesitas pada remaja menjadi masalah kesehatan saat ini karena melebihi prevalensi nasional. Penelitian ini bertujuan untuk mengetahui hubungan antara obesitas dengan pengetahuan gizi dan konsumsi junk food pada remaja di SMAN 9 Padang tahun 2018.

**Metode**

Penelitian ini menggunakan desain *cross sectional* yang dilakukan pada bulan Juli 2018 di SMAN 9 Padang. Populasi penelitian ini siswa kelas XI dan XII sebanyak 615 orang dan sampel sebanyak 128 orang. Pengambilan sampel dilakukan dengan metode *simple random sampling*. Pengambilan data pengetahuan gizi dan aktivitas fisik menggunakan kuesioner, dan konsumsi junk food menggunakan SQ-FFQ. Penentuan obesitas didapat dari IMT/U. Analisis data dilakukan uji *chi-square* dengan 95% CI ( $\alpha=0,05$ ) dan uji *confounding* menggunakan dengan uji Mantel-Haenszel.

**Hasil**

Sebagian kecil remaja mengalami obesitas sebanyak 14,8%. Hasil analisis diperoleh tidak terdapat hubungan yang bermakna antara pengetahuan gizi dengan kejadian obesitas ( $p=0,364$ ) dan asupan energi berdasarkan frekuensi konsumsi junk food dengan kejadian obesitas ( $p=0,912$ ) tetapi terdapat hubungan yang bermakna antara frekuensi konsumsi *junk food* dengan kejadian obesitas ( $p=0,008$ ). Uji *confounding* didapatkan aktivitas fisik berpengaruh terhadap hubungan variabel pengetahuan gizi (PORcrude=1,453) (PORadjustment=1,292) dan asupan energi berdasarkan konsumsi *junk food* (PORcrude=0,830) (PORadjustment=0,751) tetapi tidak berpengaruh terhadap variabel frekuensi konsumsi junk food (PORcrude=4,947) (PORadjustment=5,134).

**Kesimpulan**

Pengetahuan gizi dan asupan energi berdasarkan frekuensi junk food tidak berhubungan dengan kejadian obesitas tetapi ada hubungan antara konsumsi *junk food* dengan kejadian obesitas. Aktivitas fisik merupakan variabel *confounding* terhadap pengetahuan gizi dengan obesitas dan asupan energi berdasarkan konsumsi *junk food* namun bukan *confounding* terhadap frekuensi konsumsi junk food dengan obesitas.

**Daftar Pustaka:** 68 (2000-2018)

**Kata Kunci** : obesitas, pengetahuan gizi, *junk food*, aktivitas fisik

**FACULTY OF PUBLIC HEALTH  
ANDALAS UNIVERSITY**

**Graduate Thesis, August 2018**

**SARAH TSURAYYA, No. BP. 1411222036**

**THE RELATIONSHIP BETWEEN KNOWLEDGE OF NUTRITION AND  
CONSUMPTION OF JUNK FOOD WITH THE INCIDENCE OF OBESITY IN  
TEENAGERS AT SMAN 9 PADANG ON 2018**

x + 55 pages, 20 tables, 2 pictures, 6 appendices

**ABSTRACT**

**Research Objectives**

Obesity in teenagers is a current health problem because it exceeds national prevalence. This research aims to find out the relationship between knowledge of nutrition and consumption of junk food with the incidence of obesity in teenagers at SMAN 9 Padang on 2018.

**Methods**

This research used cross sectional design performed on July 2018 in SMAN 9 Padang. The populations of this research is grade XI and XII, that as much as 615 peoples and sample as many as 128 peoples. The sampling was taken by a simple random sampling method. Intake of knowledge of nutrition data and physical activity data using questionnaire, and consumption of junk food data using SQ-FFQ. Obesity determination obtained from IMT/U. Data were analysed by chi-square test with a 95% CI ( $\alpha=0,05$ ) and the analysis of confounding test using coat-haenzel test.

**Results**

A small percentage of teenagers are obese is 14,8%. There was no significant relationship between knowledge of nutrition with obesity ( $p=0,364$ ) and energy intake based on junk food consumption with obesity ( $p=0,912$ ) but there was significant relationship between frequency of consumption junk food with obesity ( $p=0,007$ ). The analysis of physical activity obtained confounding test effect on knowledge of nutrition variables relationship (PORcrude=1,453) (PORadjustment=1,292) and the variables energy intake based on junk food consumption (PORcrude=0,830) (PORadjustment=0,751) but there are no effect towards the variables frequency of consumption junk food (PORcrude=4,947) (PORadjustment=5,134).

**Conclusion**

Knowledge of nutrition and energy intake based on junk food no significant relationship with the incidence of obesity but there is a significant relationship between frequency of consumption junk food with the incidence of obesity. The physical activity is the confounding variable of knowledge of nutrition and energy intake based on junk food consumption with obesity but no on frequency of consumption junk food.

**Reference** : 68 (2000-2018)

**Keywords** : obesity, knowledge of nutrition, junk food, physical activity