



UNIVERSITAS ANDALAS

**HUBUNGAN PAPARAN MEDIA SOSIAL, TEMAN SEBAYA,
KONSUMSI *FAST FOOD*, AKTIVITAS FISIK DENGAN
KEJADIAN *OVERNUTRITION* PADA REMAJA
SMA 2 ADABIAH KOTA PADANG
TAHUN 2025**

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FAKULTAS KESEHATAN MASYARAKAT

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FAST FOOD, AKTIVITAS FISIK DENGAN KEJADIAN *OVERNUTRITION*
PADA REMAJA SMA ADABIAH 2 KOTA PADANG**

xiii+ 97 halaman, 4 gambar, 20 tabel, 17 lampiran

ABSTRAK

Tujuan

Overnutrition mencakup overweight dan obesitas, yakni penumpukan lemak berlebih akibat ketidakseimbangan asupan dan pengeluaran energi sehingga berat badan melebihi normal. Penelitian ini bertujuan untuk menganalisis hubungan antara paparan media sosial, teman sebaya, konsumsi *fast food*, aktivitas fisik dengan kejadian *overnutrition* pada remaja SMA Adabiah 2 di Kota Padang tahun 2025

Metode

Penelitian ini menggunakan desain *cross sectional*. Sampel berjumlah 140 siswa kelas XI dan XII Remaja SMA Adabiah 2 Kota Padang. Teknik *proportional random sampling*. Data dikumpulkan dengan pengukuran antropometri, pengisian kuesioner dan wawancara. Data dianalisis secara univariat dan bivariat. Analisis bivariat menggunakan *uji Chi-Square*.

Hasil

Hasil penelitian menunjukkan bahwa 39,3% responden mengalami *overnutrition*, 61,4% terpapar media sosial, 72,9% terpengaruh teman sebaya, 77,1% sering mengonsumsi *fast food*, dan 64,3% tidak aktif melakukan aktivitas fisik. Berdasarkan uji *chi square* menunjukkan terdapat hubungan yang signifikan antara paparan media sosial ($p=0,017$), pengaruh teman sebaya ($p=0,012$), konsumsi *fast food* ($p=0,042$), serta aktivitas fisik ($p=0,013$) dengan kejadian *overnutrition* pada responden.

Kesimpulan

Kejadian *overnutrition* pada remaja SMA Adabiah 2 Padang berhubungan dengan paparan media sosial, teman sebaya, konsumsi *fast food*, dan aktivitas fisik. Sehingga disarankan edukasi gizi, pembatasan *fast food*, pengendalian pengaruh media sosial, dukungan teman sebaya, serta peningkatan aktivitas fisik.

Daftar Pustaka : 135 (2005-2025)

Daftar Kunci : *Overnutrition*, Paparan Media Sosial, Teman Sebaya, Konsumsi *Fast Food*, Aktivitas Fisik

**FACULTY OF PUBLIC HEALTH
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**Undergraduate Thesis, August 2025
Anils Ansari, NIM. 2111228001**

**THE RELATIONSHIP BETWEEN SOCIAL MEDIA EXPOSURE, PEERS,
FAST FOOD CONSUMPTION, PHYSICAL ACTIVITY AND THE
INCIDENCE OF *OVERNUTRITION* IN ADOLESCENTS OF ADABIAH 2
HIGH SCHOOL PADANG CITY IN 2025**

xiii+ 97 pages, 4 images, 20 tables, 17 appendices

ABSTRACT

Objective

Overnutrition includes overweight and obesity, which is the accumulation of excess fat due to an imbalance in energy intake and expenditure so that body weight exceeds normal. This study aims to analyze the relationship between social media exposure, peers, fast food consumption, physical activity and the incidence of overnutrition among adolescents at Adabiah 2 High School in Padang City in 2025

Method

This study uses a cross sectional design. The sample amounted to 140 students in grades XI and XII of Adolescent Adabiah 2 High School, Padang City. Proportional random sampling technique. Data were collected by anthropometric measurements, questionnaire filling and interviews. The data were analyzed univariate and bivariate. Bivariate analysis using the Chi-Square test.

Result

The results showed that 39.3% of respondents experienced overnutrition, 61.4% were exposed to social media, 72.9% were influenced by peers, 77.1% often consumed fast food, and 64.3% were not active in physical activity. Based on the chi square test, it was shown that there was a significant relationship between social media exposure ($p=0.017$), peer influence ($p=0.012$), fast food consumption ($p=0.042$), and physical activity ($p=0.013$) and the incidence of overnutrition in respondents.

Conclusion

The incidence of overnutrition in adolescents at SMA Adabiah 2 Padang is related to exposure to social media, peers, fast food consumption, and physical activity. It is recommended to provide nutrition education, fast food restrictions, control of social media influences, peer support, and increase physical activity.

Bibliography : 135 (2005-2025)

Keyword : *Overnutrition*, Social Media Exposure, Peers, Consumption
Fast Food, Physical Activity

