

**HUBUNGAN FREKUENSI KONSUMSI *WESTERN FAST FOOD* DENGAN
INDEKS MASSA TUBUH DAN TEKANAN DARAH PADA SISWA/I
KELAS X SMAN 10 PADANG**



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ABSTRACT

ASSOCIATION OF WESTERN FAST FOOD CONSUMPTION FREQUENCY WITH BODY MASS INDEX AND BLOOD PRESSURE IN 10th GRADE STUDENTS OF SENIOR HIGH SCHOOL 10 PADANG

By

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The popularity of western fast food consumption among youth, especially teenagers, is increasing due to current trends and lifestyles. The increasing popularity of consumption raises various health problems for adolescents who are still in the process of growth and development, especially obesity and hypertension. This is caused by fast food as foods with high calories, fat, sodium, carbohydrates but low in micronutrients and fiber. This study aims to determine the association of western fast food consumption frequency with body mass index (BMI) and blood pressure in 10th grade students of Senior High School 10 Padang

This research was an observational analytic with cross sectional study design. Samples were 64 students of 10th grade in SHS 10 Padang selected through systematic random sampling. Data used were the result of interview using a modified western fast food consumption frequency questionnaire with other food consumption through semi-quantitative food frequency questionnaire (SQ-FFQ) in the past month. BMI results were based on direct measurements using microtoise, digital scales and WHO BMI charts of 5-19 year old children by sex. Blood pressure was obtained through direct measurements with mercury sphygnomanometers and categories based on the American Academy of Pediatrics (AAP) for ≥ 13 years old children. Data was analyzed by Spearman-Rank correlation test.

In this research found a positive correlation between the frequency of western fast food consumption with BMI ($r= 0.291$), systolic blood pressure (SBP) ($r= 0.319$) and diastolic blood pressure (DBP) ($r= 0.348$). Statistical analysis shows that there was a significant relationship between the frequency of western fast food consumption with BMI ($p= 0.020$), SBP ($p= 0.010$) and DBP ($p= 0.005$)

The conclusion of this study is that there was a significant relationship between the frequency of western fast food consumption with BMI, SBP and DBP.

Key words : BMI, adolescents, SBP, DBP, western fast food.

ABSTRAK

HUBUNGAN FREKUENSI KONSUMSI *WESTERN FAST FOOD* DENGAN INDEKS MASSA TUBUH DAN TEKANAN DARAH PADA SISWA/ KELAS X SMAN 10 PADANG

Oleh

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Popularitas konsumsi *western fast food* di kalangan anak muda terutama remaja semakin meningkat akibat tren dan gaya hidup masa kini. Peningkatan popularitas konsumsi tersebut menimbulkan berbagai permasalahan kesehatan bagi remaja yang masih dalam proses tumbuh kembang terutama obesitas dan hipertensi. Hal ini diakibatkan oleh *fast food* sebagai makanan dengan tinggi kalori, lemak, natrium, karbohidrat tetapi rendah mikronutrient dan serat. Penelitian ini bertujuan untuk mengetahui hubungan frekuensi konsumsi *western fast food* dengan indeks massa tubuh (IMT) dan tekanan darah pada siswa-siswi kelas X SMAN 10 Padang.

Penelitian ini adalah penelitian analitik observasional dengan desain *cross sectional study*. Sampel adalah 64 siswa/i kelas X di SMAN 10 Padang yang dipilih melalui *systematic random sampling*. Data yang digunakan adalah data hasil wawancara menggunakan kuesioner modifikasi frekuensi konsumsi *western fast food* dengan makanan lain melalui *semi-quantitative food frequency questionnaire* (SQ-FFQ) satu bulan terakhir. Hasil IMT berdasarkan pengukuran langsung menggunakan *microtoise*, timbangan digital serta grafik WHO IMT anak 5-19 tahun berdasarkan jenis kelamin. Tekanan darah didapatkan melalui pengukuran langsung dengan *sphygmomanometer* raksa dan kategori berdasarkan *American Academy of Pediatrics* (AAP) untuk anak usia ≥ 13 tahun. Analisis data menggunakan uji korelasi *Spearman-Rank*.

Pada penelitian ini ditemukan korelasi yang positif antara frekuensi konsumsi *western fast food* dengan IMT ($r= 0,291$), tekanan darah sistolik (TDS) ($r= 0,319$) dan tekanan darah diastolik (TDD) ($r= 0,348$). Analisis statistik menunjukkan terdapat hubungan antara frekuensi konsumsi *western fast food* dengan IMT ($p= 0,020$), TDS ($p= 0,010$) dan TDD ($p= 0,005$)

Kesimpulan penelitian ini adalah terdapat hubungan yang bermakna antara frekuensi konsumsi *western fast food* dengan IMT, TDS dan TDD.

Kata kunci : IMT, remaja, TDD, TDS, *western fast food*.