

ABSTRAK

HUBUNGAN POLA KONSUMSI *FAST FOOD* DAN *SCREEN TIME* DENGAN KEJADIAN OBESITAS PADA REMAJA DI SMA WALISONGO GEMPOL

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Pendahuluan: Pola konsumsi *fast food* yang kurang baik dan durasi *screen time* tinggi berpotensi meningkatkan risiko kejadian obesitas pada remaja. Penelitian ini bertujuan menganalisis hubungan antara pola konsumsi *fast food* dan *screen time* dengan kejadian obesitas pada remaja di SMA Walisongo Gempol. **Metode:** Penelitian kuantitatif dengan pendekatan *cross-sectional* ini melibatkan 270 responden. Data diukur menggunakan kuesioner dan Indeks Massa Tubuh menurut Umur (IMT/U). **Hasil:** Sebagian besar responden memiliki pola konsumsi *fast food* baik (61,1%) sejumlah 165 responden, *screen time* tinggi (55,9%) sejumlah 151 responden, dan status gizi normal (50,0%) sejumlah 135 responden. Kelompok *fast food* tidak baik didominasi kategori gemuk (41,0%) sejumlah 43 responden, sedangkan *fast food* baik didominasi status normal (71,5%) sejumlah 118 responden. Pada *screen time* tinggi, kejadian obesitas tertinggi mencapai 35,1% sejumlah 53 responden, sedangkan *screen time* rendah didominasi status normal (81,5%) sejumlah 97 responden. Hasil menyimpulkan bahwa pola konsumsi *fast food* dan durasi *screen time* berhubungan dengan kejadian obesitas. **Diskusi:** Perilaku konsumsi makanan cepat saji dan penggunaan layar berlebih berkontribusi langsung pada obesitas remaja. Remaja disarankan membatasi konsumsi *fast food*, mengontrol durasi gawai, serta meningkatkan aktivitas fisik harian.

Kata Kunci: *fast food*, obesitas, remaja, *screen time*

ABSTRACT

THE RELATIONSHIP BETWEEN FAST FOOD CONSUMPTION PATTERNS AND SCREEN TIME WITH THE INCIDENCE OF OBESITY AMONG ADOLESCENTS AT WALISONGO GEMPOL HIGH SCHOOL

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Introduction: Poor fast food consumption patterns and high screen time duration potentially increase the risk of adolescent obesity. This study aims to analyze the correlation between fast food consumption patterns and screen time with obesity incidence among adolescents at SMA Walisongo Gempol. **Methods:** This quantitative study with a cross-sectional approach involved 270 respondents. Data were measured using questionnaires and Body Mass Index-for-Age (BMI-for-Age). **Results:** Most respondents had good fast food consumption patterns (61.1%, n=165), high screen time (55.9%, n=151), and normal nutritional status (50.0%, n=135). The poor fast food group was dominated by the overweight category (41.0%, n=43), whereas the good fast food group was dominated by normal status (71.5%, n=118). In high screen time, obesity incidence reached the highest rate at 35.1% (n=53), while low screen time was dominated by normal status (81.5%, n=97). Results concluded that fast food consumption patterns and screen time duration are correlated with adolescent obesity. **Discussion:** Fast food consumption behavior and excessive screen usage directly contribute to adolescent obesity. Adolescents are advised to limit fast food intake, control gadget usage, and increase regular physical activity.

Keywords: fast food, obesity, adolescents, screen time