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## THE RELATIONSHIP BETWEEN KNOWLEDGE ABOUT NUTRITION AND FAST FOOD CONSUMPTION HABITS WITH NUTRITIONAL STATUS IN ADOLESCENTS

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### ABSTRAK: HUBUNGAN ANTARA PENGETAHUAN TENTANG GIZI DAN KEBIASAAN KONSUMSI FAST FOOD DENGAN STATUS GIZI PADA REMAJA

Latar Belakang: Masalah gizi di Tidak biasa dialami oleh usia remaja yaitu gizi lebih dan gizi kurang, tidak seimbangan dalam mengkonsumsi makanan dari makanan fast food. Prevelensi gizi lebih di Indonesia usia 16-18 tahun (9.6%), di Jawa Barat (12.0%), Kabupaten menempati posisi ke-3 di Jawa Barat setelah Kabupaten Garut (27.3%) dan Kota Cirebon (26.4%). Pengetahuan gizi masih sangat minim diketahui terutama pada remaja. Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan antara pengetahuan tentang gizi dan kebiasaan konsumsi fast food dengan status gizi remaja di SMA Negeri 1 Dukupuntang. Metode: Desain penelitian ini menggunakan cross sectional. Populasi adalah kelas X dan XI tahun ajaran 2022/2023, Pengambilan sampel menggunakan Teknik proportionated random sampling, diperoleh 99 sampel. Data dalam penelitian ini didapatkan dengan instrument penelitian berupa kuesioner pengetahuan gizi, food frequency questionnaire (FFQ), timbangan badan, dan microtoice. Analisis statistik yang digunakan adalah uji *Spearman Correlation*. Hasil: Penelitian menunjukkan mayoritas responden memiliki gizi baik, yaitu 83 responden (83.84%), kebiasaan konsumsi fast food sedang 64 responden (64.65%), dan 54 responden (54.55%) pengetahuan cukup. Kesimpulan: Terdapat hubungan yang bermakna terkait pengetahuan gizi dan kebiasaan konsumsi fast food dengan status gizi ( $p < 0,05$ ). Saran: Dapat memberikan edukasi terkait gizi, makanan dan faktor yang dapat mempengaruhi status gizi agar siswa dapat menerapkan pola hidup sehat dengan gizi seimbang

Kata Kunci : Konsumsi Fast Food, Pengetahuan Gizi, Remaja, Status Gizi

### ABSTRACT

Background: Nutritional problems in adolescents are not commonly experienced, namely overnutrition and undernutrition, imbalance in consuming food from fast food. The prevalence of overnutrition in Indonesia aged 16-18 years (9.6%), in West Java (12.0%), the Regency ranks 3rd in West Java after Garut Regency (27.3%) and Cirebon City (26.4%). Nutritional knowledge is still very little known especially in .Objective: This study aims to determine the relationship between knowledge about nutrition and fast food consumption habits with the nutritional status of adolescents at SMA Negeri 1 Dukupuntang. Methods: This research design uses cross sectional. The population is class X and XI in the 2022/2023 school year, sampling using proportionated random sampling technique, obtained 99 samples. Data in this study were obtained with research instruments in the form of nutritional knowledge questionnaires, food frequency questionnaire (FFQ), body scales, and microtoice. The statistical analysis used is the *Spearman Correlation* test. Results: The study showed that the majority of respondents had good nutrition, namely 83 respondents (83.84%), moderate fast food consumption habits 64 respondents (64.65%), and 54 respondents (54.55%) had sufficient knowledge. Conclusion: There is a significant relationship between nutritional knowledge and fast food consumption habits with nutritional status ( $p < 0.05$ ). Suggestion: Can provide education related to nutrition, food and factors that can affect nutritional status so that students can implement a healthy lifestyle with balanced nutrition.

Keywords: Adolescents, Fast Food Consumption, Nutrition Knowledge, Nutrition Status

### INTRODUCTION

In determining the quality of a person's health, it can be seen from the nutritional status which is an important thing to be considered by every individual

or group. One group that is prone to nutritional problems is adolescents. Adolescents are at risk of nutritional problems due to changes in body growth and development, as well as unhealthy lifestyle

changes. According to the National Population and Family Planning Agency (BKKBN), the age limit for adolescents is 10-21 years. The nutritional status of children aged 5-18 years is categorized into three age groups: 5-12 years, 13-15 years and 16-18 years. Categories of adolescent nutritional status based on Body Mass Index / Age (IMT / U) are undernutrition, good nutrition, obese nutrition and obesity (Permana & Maskar, 2024).

Nutritional problems commonly experienced by adolescents are overnutrition and undernutrition, overnutrition is caused by an imbalance in consuming foods with high energy sources such as excess fat and carbohydrate content derived from fast food, while undernutrition is caused by macronutrient deficiencies, namely carbohydrates, fat and protein. As well as the habit of not having a healthy diet so that the body cannot absorb nutrients from food properly (Nanda & Puspitasari, 2023).

The World Health Organization (WHO) reports that about 2.3 billion adolescents in the world aged 15 years and above are overweight of which more than 700 million are obese. With a prevalence of 11% in men, and 15% in women. The highest prevalence occurs in the United States and Europe, where overweight is 62% and obesity is 26%, while Southeast Asia has an overweight rate of 14% and obesity rate of 3%. From these data, it can be seen that the problem of overweight nutritional status is not the least incidence of obesity in the world that occurs among adolescents. The prevalence of nutritional status (IMT/U Z-score) in adolescents aged 16-18 years in Indonesia is 1.4% very thin, 6.7% thin, 78.3% normal, 9.5% fat, and 4.0% obese. In the 13-15 age group in Indonesia, 1.9% were very thin, 6.8% were thin, 75.3% were normal, 11.2% were fat, and 4.8% were obese. Meanwhile, the prevalence of nutritional status in the 5-12 year age group was 6.8% thin and 10.8% fat (Aulia, 2023).

According to the Basic Health Research (Riskesdas) of West Java (2019), the prevalence of nutritional status (IMT/U Z-score) in adolescents at the West Java Province level is 1.7% very thin, 6.1% thin, 75.3% normal, 12.0% fat, and 4.9% obese. Based on this data, it is known that the prevalence of obese adolescents and obese adolescents in West Java Province is higher than at the national level. The prevalence of obese nutritional status among adolescent girls (12.66%) is higher than that of adolescent boys (11.34%). In West Java, in general, the problem of overweight is still high. The highest prevalence of overweight in Garut Regency (27.3%), the lowest in Cianjur Regency (10.6%) and as many as 10 districts / cities with overweight prevalence above the average, namely Karawang Regency,

Bandung City, Bekasi City, Indramayu Regency, Depok City, Subang Regency, Bekasi Regency, Cirebon Regency, Cirebon City and Garut Regency, based on these data the city of Cirebon (26.4%) is ranked second and Cirebon Regency (25.6%) is ranked third (Maulina, 2022).

An indirect cause of nutrition problems in Indonesia is inadequate food intake/consumption. Indonesians consume less food that contains energy and protein. At the same time, the number of people consuming fast food and sugar-sweetened beverages has increased over time. So that people's consumption of sugar, salt and fat increases from what is recommended by WHO (Kemenkes RI, 2020). The impact of eating fast food on health in the long run without being balanced with consumption of vegetables and fruit and doing enough physical activity will trigger degenerative diseases including obesity, hypertension, diabetes, cancer, heart disease, and also stroke (Alfora & Saori, 2023).

Based on preliminary studies conducted by researchers by distributing nutrition knowledge questionnaires and Food Frequency Questionnaire (FFQ) to 15 students at SMA Negeri 1 Dukupuntang, 6 students were found to have sufficient knowledge, and 9 students had insufficient knowledge. 6 students who have sufficient knowledge found 4 students have high fast food consumption habits with 1 student with good nutritional status and 3 students with poor nutritional status, 2 students who have moderate fast food consumption habits with obese nutritional status. While 9 students who have less knowledge, 5 students have high fast food consumption habits with 2 good nutritional status, and 3 nutritional status is lacking, 4 students have moderate fast food consumption habits with good nutritional status.

## RESEARCH METHODS

This type of research is analytic observational research with a cross-sectional approach. The research was conducted at SMA Negeri 1 Dukupuntang in the period June-August 2024. Sampling was based on inclusion criteria, students who were willing to be research subjects and exclusion criteria, students who did not fill out the questionnaire completely. The sampling method used was proportional random sampling, with a total of 99 respondents. This study used univariate analysis and bivariate analysis. In this study, bivariate analysis was tested with the Spearman rank test, which aims to determine the relationship between each variable.

## RESEARCH RESULTS

**Table 1**  
**Distribution Frequency Nutrition Knowledge, Fast Food Consumption, Status**

Characteristics	N	%
Nutrition Knowledge		
Less	39	39,39
Simply	54	54,55
Good	6	6,06
Fast Food Consumption		
Low	14	14,14
Medium	62	62,63
High	23	23,23
Nutrition Status		
Less	8	8,08
Good	83	83,84
Over Weight	5	5,05
Obesity	3	3,03

Based on table 1, the majority of respondents are 54 respondents (54.55%) with moderate knowledge category, 62 respondents (62.63%) with moderate fast food consumption habits category, and 83 students (83.84%) with good nutritional status category.

Based on table 2, it was found that out of 99 respondents, the majority of respondents had nutritional knowledge habits in the moderate category, namely 54 respondents (54.55%). Among them, 8 respondents (20.51%) were undernourished, 28 respondents (71.79%) were well-nourished, 1 respondent (2.56%) was overnourished, and 2 respondents (5.13%) were obese. The results of data analysis using the spearmen rank test obtained a p value of 0.004 <0.05.

**Table 2**  
**Distribution Frequency Hubungan Pengetahuan Gizi dengan Status Gizi**

Nutrition Knowledge	Nutrition Status				Total	p-value
	Less	Good	Over weight	Obesity		
Less	8	28	1	2	39	0,004
Simply	0	51	2	1	54	
Good	0	4	2	0	6	

Based on table 3, it was found that out of 99 respondents, the majority of respondents had moderate fast food consumption habits, namely 62 respondents (62.63%). 88 Among them are 2

respondents (3.23%) with poor nutritional status, 60 respondents (96.77%) with good nutritional status. The results of data analysis using the spearmen rank test obtained a p value of 0.001 <0.05.

**Table 3**  
**Distribution Frequency Relationship between Fast Food Consumption Habits and Nutritional Status**

Fast Food Consumption	Nutrition Status				Total	p-value
	Less	Good	Over weight	Obesity		
Low	5	7	1	1	14	0,001
Medium	2	60	0	0	62	
High	1	16	4	2	23	

## DISCUSSION

### Nutrition Knowledge

Students' nutritional knowledge is good because there is supporting information for respondents regarding nutritional knowledge. The supporting facilities such as information from social media regarding nutrition are quite easy to find, so that respondents know enough about nutrition. A person who has understood nutrition which includes the type, frequency, and amount of food along with its functions and benefits for the body, will make that

person selective in choosing the food he will consume(Nur Hasanah & Tanziha, 2023)

### Fast Food Consumption Habits

Fast food consumption habits are influenced by several factors that shape eating habits, namely nutritional knowledge, environment and peer influence, pocket money. Adolescents with good nutritional knowledge can have a positive impact on their food consumption habits and tend to rarely consume fast food. The amount of pocket money earned can affect food purchasing power, the greater

the pocket money, the higher the tendency of adolescents to fast food purchasing power (Nanda & Puspitasari, 2023).

### Nutrition Status

Energy balance affects an individual's nutritional status. There are several factors that influence the nutritional status of adolescents, namely age, gender and food consumption patterns. Gender underlies the energy and nutrient needs of adolescents, affecting their consumption patterns and nutritional status. Energy and nutrient intake and needs are very important to consider because they will affect nutritional status. Food consumption patterns directly affect nutritional status. Food consumption in adolescents as a fulfillment of energy and nutrients is closely related to their nutritional status (Aulia, 2023).

### Relationship between Nutrition Knowledge and Nutrition Status

The results of data analysis using spearman rank obtained a value of 0.004 (Widyawati, 2022) regarding the relationship between nutritional knowledge and junk food consumption with the nutritional status of adolescents obtained a value of  $p = 0.011$  which is  $p < 0.05$  which means there is a significant correlation between nutritional knowledge and nutritional status. The correlation coefficient ( $r$ ) = 0.295. Penelitian oleh (Aghnia & Setyaningsih, 2023) also states that there is a significant relationship between the level of knowledge and nutritional status obtained  $p < 0.05$ . In research (Firdianty, 2019) also found that there is a relationship between the level of nutritional knowledge and nutritional status  $p = 0.000$ , which is  $p < 0.05$ .

The level of nutritional knowledge possessed by adolescents can provide adequate information about food selection that suits the body's needs. The majority of adolescents have insufficient knowledge with poor eating habits, such as frequent consumption of fast food. Wrong eating behavior can be caused by a person's lack of knowledge related to nutrition and can affect their food intake and nutritional status. Knowledge can influence a person's behavior and attitude when choosing the food they will consume. The better the knowledge, the better the nutritional status (Herawati, 2023).

According to the researcher's assumption, nutritional knowledge in adolescents with sufficient knowledge category turns out that there are still those who have a lack of knowledge, this is due to the lack of counseling and nutritional knowledge.

### Relationship between Fast Food Consumption Habits and Nutritional Status

The results of data analysis using spearman rank obtained a value of 0.001  $< 0.05$ . It can be interpreted that there is a relationship between fast food consumption habits and nutritional status. This study is in line with the research of Nanda Puspitasari (2023) regarding the relationship between frequency of fast food consumption and nutritional status, stating that there is a relationship between the frequency of fast food consumption and nutritional status in adolescents obtained  $p$  value = 0.004 namely  $p < 0.05$ . Research by (Marianingrum, 2021) also states that there is a significant relationship obtained  $p$  value = 0.030, where  $p < 0.05$ . In Nurhasanah & Tanzihah's research (2023) also found that there is a significant positive relationship between fast food consumption and overall nutritional status,  $p$  value = 0.050 with a correlation coefficient ( $r$ ) = 0.250.

Adolescent eating habits are often erratic which is a risk for nutritional problems. Adolescent eating habits that are not good include frequent snacks, skipping meals, especially breakfast, irregular meal times, eating fast food, and rarely consuming vegetables or fruit. This can result in food intake that is not in accordance with nutritional needs (balanced nutrition), which can lead to undernutrition or overnutrition. Fast food can cause overweight because fast food contains high calories, high fat and low fiber (Nanda & Puspitasari, 2023).

According to the researcher's assumption, fast food consumption habits can affect the nutritional status of adolescents. Currently, there are more and more variations of fast food snacks that can arouse the appetite to meet the consumption needs of adolescents. Most adolescents prefer to consume fast food because it is more instant and delicious.

### CONCLUSION

Based on the results of research that has been conducted on the relationship between nutritional knowledge and fast food consumption habits with nutritional status in adolescents at SMA Negeri 1 Dukupuntang in 2024. There is a significant relationship related to nutritional knowledge and fast food consumption habits with nutritional status ( $p < 0.05$ ).

### SUGGESTION

It is expected to provide education related to nutrition and food consumption habits that can affect nutritional status so that students can adopt a healthy lifestyle by adding other factors that can affect nutritional status. Researchers can also conduct further research with a wider population, different subjects and characteristics.

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