

HUBUNGAN KONSUMSI CAMILAN DAN PERILAKU SEDENTARI DENGAN STATUS GIZI LEBIH PADA REMAJA DI SMAN 5 TAMBUN SELATAN

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ABSTRAK

Pendahuluan: Malas melakukan aktivitas termasuk ke dalam perilaku sedentari, banyaknya remaja melakukan perilaku sedentari disertai seringnya mengkonsumsi camilan, sehingga menyebabkan faktor risiko utama penyebab gizi lebih dalam permasalahan gizi. Penelitian ini bertujuan untuk menganalisis hubungan konsumsi camilan dan perilaku sedentari dengan status gizi lebih pada remaja di SMAN 5 Tambun Selatan.

Metode: Penelitian ini merupakan penelitian kuantitatif menggunakan desain *cross sectional*. Sampel penelitian berjumlah 100 orang yang diambil menggunakan teknik *simple random sampling*. Data dikumpulkan melalui kuesioner *Food Frequency Questionnaire* (FFQ) dan *Global Physical Activity Questionnaire* (GPAQ) serta penentuan status gizi remaja diperoleh dari *z-score* IMT/U.

Hasil: Hasil penelitian menggunakan uji Chi-Square menunjukkan bahwa *p-value* pada masing-masing variabel penelitian yaitu konsumsi camilan (0,211) dan perilaku sedentari (0,463).

Kesimpulan: Kesimpulan dari penelitian ini yaitu tidak terdapat hubungan antara konsumsi camilan dan perilaku sedentari dengan status gizi lebih pada remaja di SMAN 5 Tambun Selatan.

Kata kunci : *konsumsi camilan, perilaku sedentari, remaja, status gizi*

**THE RELATIONSHIP BETWEEN SNACK CONSUMPTION AND
SEENTARY BEHAVIOR WITH NUTRITIONAL STATUS IN
ADOLESCENTS AT SMAN 5 TAMBUN SELATAN**

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ABSTRACT

Lazy activities are included in sedentary behavior, many adolescents do sedentary behavior accompanied by frequent consumption of snacks, thus causing the main risk factor for causing overweight in nutritional problems. This study aims to analyze the relationship between snack consumption and sedentary behavior with overweight status in adolescents at SMAN 5 Tambun Selatan. This study is a quantitative study using a cross sectional design. The study sample amounted to 100 people who were taken using simple random sampling technique. Data were collected through Food Frequency Questionnaire (FFQ) and Global Physical Activity Questionnaire (GPAQ) and the determination of adolescent nutritional status was obtained from the IMT/U z-score. The results of the study using the Chi-Square test showed that the p-value in each research variable was snack consumption (0.211) and sedentary behavior (0.463). The conclusion of this study is that there is no relationship between snack consumption and sedentary behavior with overweight status in adolescents at SMAN 5 Tambun Selatan.

Keywords : adolescents, snack consumption, sedentary behavior, nutritional status.