

ABSTRAK



**HUBUNGAN KONSUMSI MAKANAN CEPAT SAJI,  
TINGKAT STRES DAN KUALITAS TIDUR  
DENGAN STATUS GIZI PADA REMAJA PUTRA  
SMA DKI JAKARTA  
ISMI AMINATYAS  
PROGRAM STUDI GIZI**

**BAB VI, 103 HALAMAN, 9 TABEL, 2 GAMBAR, 12 LAMPIRAN**

**Latar Belakang :** Masalah gizi pada remaja di Indonesia muncul akibat ketidakseimbangan antara konsumsi gizi dengan kecukupan gizi yang diperlukan, sehingga dapat membuat masalah gizi kurang dan gizi lebih. Perubahan gaya hidup cenderung akan menimbulkan berbagai masalah dan perilaku makan dalam kehidupan remaja. Permasalahan konsumsi makanan cepat saji, tingkat stres dan kualitas tidur dapat berdampak pada peningkatan status gizi pada remaja putra.

**Tujuan :** Mengetahui hubungan konsumsi makanan cepat saji, tingkat stres dan kualitas tidur terhadap status gizi pada remaja putra SMA DKI Jakarta.

**Metode Penelitian :** Desain penelitian menggunakan desain *cross sectional*. Sampel penelitian berjumlah 160 remaja putra SMA DKI Jakarta. Pengambilan data dilakukan dengan menggunakan kuesioner FFQ, ISMA (*International Stress Management Association*) dan PSQI (*Pittsburgh Sleep Quality Index*). Analisis data yang digunakan dalam peneliti ini menggunakan uji *chi-square*.

**Hasil Penelitian :** Hasil penelitian menunjukkan sebagian besar responden memiliki status gizi normal sebanyak 96 Orang (60%). Terdapat hubungan yang signifikan antara tingkat stres ( $p\ value = 0,008$ , nilai OR = 0,377) terhadap status gizi remaja putra. Namun, tidak ada hubungan yang signifikan antara konsumsi makanan cepat saji ( $p\ value = 0,208$ ) dan kualitas tidur ( $p\ value = 0,069$ ) terhadap status gizi remaja putra.

**Kesimpulan :** Ada hubungan antara tingkat stres terhadap status gizi remaja putra SMA DKI Jakarta. Namun tidak ada hubungan konsumsi makanan cepat saji dan kualitas tidur terhadap status gizi remaja putra SMA DKI Jakarta. Bagi remaja putra diharapkan untuk lebih meningkatkan konsumsi makanan yang sehat dan bergizi seimbang serta memiliki tingkat stres dan kualitas tidur yang baik agar dapat mencapai status gizi normal.

**Kata Kunci :** Makanan cepat saji, tingkat stres, kualitas tidur, status gizi, remaja putra.

ABSTRACT



**THE RELATIONSHIP BETWEEN FAST FOOD CONSUMPTION, STRESS LEVELS AND SLEEP QUALITY TO NUTRITIONAL STATUS MALE ADOLESCENT IN SENIOR HIGH SCHOOL DKI JAKARTA**  
**ISMI AMINATYAS**  
**PROGRAM STUDI GIZI**

**VI CHAPTERS, 103 PAGES, 9 TABLES, 2 PICTURE, 12 APPENDIX**

**Background :** Nutrition problems in adolescents in Indonesia arise because of an imbalance between nutritional consumption and the adequacy of nutrients needed, so that it can create malnutrition and over nutrition. Changes in lifestyle will cause various problems and eating patterns in the lives of adolescents. Problems with consumption of fast food, stress levels and quality of sleep can have an impact on improving nutritional status in male adolescents.

**Objective :** To find out the relationship between fast food consumption, stress levels and sleep quality to nutritional status high school male adolescents in DKI Jakarta.

**Research Method:** The study design uses cross sectional design. The sample of the study involved 160 male adolescents from DKI Jakarta High School. Data was collected using FFQ, ISMA (*International Stress Management Association*) and PSQI (*Pittsburgh Sleep Quality Index*) questionnaires. Analysis of the data used in this study used the chi-square test.

**Result :** The results showed that most respondents had normal nutritional status of 96 people (60%). There is a significant relationship between stress level ( $p$  value = 0,008, OR value = 0,377) on the nutritional status of male adolescents. However, there is no significant relationship between consumption of fast food ( $p$  value = 0,208) and sleep quality ( $p$  value = 0,069) to the nutritional status of male adolescents.

**Conclusion :** There is a relationship between stress level on the nutritional status of male adolescents in DKI Jakarta High School. But there is no relationship between fast food consumption and sleep quality on the nutritional status of male adolescents in DKI Jakarta High School. For male adolescents, it is expected to further increase the consumption of healthy and nutritionally balanced foods and to have stress levels and good sleep quality in order to achieve normal nutritional status.

**Keywords :** *Fast food consumption, stress levels, sleep quality, nutritional status, adolescent male.*