ABSTRACT

ESA UNGGUL UNIVERSITY
FACULTY OF HEALTH SCIENCES
NUTRITION STUDY PROGRAM
SKRIPSI, 2022

HANIFAH HANA PERTIWI

DIFFERENCES IN FAST FOOD CONSUMPTION, SCREEN TIME, SLEEP QUALITY AND CHANGES BASED ON THE AGE OF ADOLESCENTS IN THE COVID-19 PANDEMIC ERA.

This study aims to determine differences in fast food consumption, screen time, sleep quality and changes in body weight based on the adolescent age group in the era of the covid-19 pandemic. This research with cross sectional design was conducted in MTs and SMK Al-Mafatih Palmerah Jakarta. Test the difference in this study using the T-test Independent and Mann Whitney. The results of the test of differences in fast food consumption based on the adolescent age group obtained p 0.010, screen time obtained p 0.232, sleep quality obtained p 0.018, and changes in body weight obtained p 0.913. Based on the results of the different tests, consumption of fast food and quality of sleep in early and late adolescents has a p value of <0.05, meaning that there are differences in consumption of fast food and quality of sleep based on the adolescent age group. The test results of the difference in screen time and changes in body weight have a p value > 0.05, meaning that there is no difference in screen time and changes in body weight based on the adolescent age group. For further research, it is hoped that the screen time variable will be able to examine screen time activities on smartphones by using screen time history data on respondents' smartphones so that screen time activities are clearly used for any activities and their duration.

ABSTRAK

UNIVERSITAS ESA UNGGUL

FAKULTAS ILMU-ILMU KESEHATAN

PROGRAM STUDI GIZI

SKRIPSI, 2022

HANIFAH HANA PERTIWI

PERBEDAAN KONSUMSI *FAST FOOD*, *SCREEN TIME*, KUALITAS TIDUR DAN PERUBAHAN BERAT BADAN BERDASARKAN KELOMPOK USIA REMAJA DI ERA PANDEMI COVID-19.

Penelitian ini bertujuan untuk mengetahui perbedaan konsumsi *fast food*, *screen time*, kualitas tidur dan perubahan berat badan berdasarkan kelompok usia remaja di era pandemi covid-19. Penelitian dengan desain *cross sectional* ini dilakukan di MTs dan SMK Al-Mafatih Palmerah Jakarta. Uji perbedaan pada penelitian ini menggunakan uji *T-test Independent* dan *Mann Whitney*. Hasil uji perbedaan konsumsi *fast food* berdasarkan kelompok usia remaja didapatkan p 0.010, *screen time* didapatkan p 0.232, kualitas tidur didapatkan p 0.018, dan perubahan berat badan didapatkan p 0.913. Berdasarkan hasil uji beda tersebut konsumsi *fast food* dan kualitas tidur pada remaja awal dan remaja akhir memiliki nilai $p < 0.05$, artinya ada perbedaan konsumsi *fast food* dan kualitas tidur berdasarkan kelompok usia remaja. Hasil uji perbedaan *screen time* dan perubahan berat badan memiliki nilai $p > 0.05$, artinya tidak ada perbedaan *screen time* dan perubahan berat badan berdasarkan kelompok usia remaja. Untuk penelitian selanjutnya, diharapkan untuk variabel *screen time* agar dapat meneliti kegiatan *screen time* pada *smartphone* dengan menggunakan data riwayat *screen time* di *smarthphone* responden agar kegiatan *screen time* terlihat jelas dipergunakan untuk kegiatan apa saja serta durasinya.