

# Hubungan antara asupan gizi, pola konsumsi, dan faktor lainnya dengan overweight pada remaja di SMA Marsudirini Bekasi tahun 2013 = Relation between nutrient intake, consumption patterns, and other factors with overweight in adolescents at Marsudirini Bekasi Senior High School in 2013

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## Abstrak

Skripsi ini membahas mengenai hubungan antara pola konsumsi (konsumsi fast food, konsumsi soft drink, kebiasaan sarapan), karakteristik remaja (berat lahir, jenis kelamin, pengetahuan gizi), karakteristik orang tua (durasi menyusui, IMT ayah, IMT ibu) dan asupan gizi (energi, karbohidrat, protein, lemak, serat) dengan overweight pada remaja di SMA Marsudirini Bekasi tahun 2013. Penelitian menggunakan studi deskriptif dengan disain penelitian cross sectional. Pengambilan sampel menggunakan total populasi setelah memenuhi kriteria inklusi dan eksklusi yaitu sebanyak 117 orang. Analisis data meliputi analisis univariat, bivariat dengan chi square, dan multivariat dengan analisis regresi logistik.

Hasil penelitian menunjukkan bahwa prevalensi overweight pada remaja sebesar 39,3%. Hasil analisis bivariat menunjukkan adanya hubungan antara IMT ayah, IMT ibu dan asupan lemak dengan overweight. Hasil analisis multivariat menunjukkan bahwa variabel yang memiliki pengaruh paling dominan terhadap overweight ialah asupan lemak. Saran yang dapat diberikan yaitu remaja rutin mengecek status gizinya dan menerapkan pola makan yang sesuai dengan pedoman umum gizi seimbang serta melakukan peer group discussion agar termotivasi untuk menjaga pola hidup sehat dan asupan gizi seimbang.

*This thesis discusses relation between nutrient intake (energy, carbohydrate, protein, fat, fiber), consumption patterns (fast food consumption, soft drink consumption, breakfast habit), adolescents characteristic (birth weight, gender, nutrition knowledge) and parents characteristic (breastfeeding duration, father's Body Mass Index, mother's Body Mass Index) in adolescents at Marsudirini Bekasi Senior High School in 2013. The research uses a descriptive study with cross-sectional research design. Sampling using total population after fulfilling the inclusion and exclusion criteria were 117 people. Data analysis includes univariate, bivariate with chi square and multivariate with logistic regression analysis.*

*The result showed that the prevalence of overweight on adolescents as much as 39,3%. Bivariate analysis result indicate a relation between father's Body Mass Index, mother's Body Mass Index, and fat intake with overweight in adolescents, whereas there was no relation between consumption pattern, birth weight, gender, nutrition knowledge, breastfeeding duration and nutrient intake (energy, carbohydrate, protein, fiber) with overweight in adolescents. Multivariate analysis showed that the variables that have the most dominant influence on overweight is fat intake. Advice can be given that adolescents routinely check their nutritional status and diet apply in accordance with general guidelines balanced diet and doing peer group discussion for maintaining healthy life style and balance nutrient intake.*