

# Perbedaan proporsi tingkat asupan energi berdasarkan kejadian emotional eating, external eating, dan faktor lainnya pada remaja di SMA Budhi Warman 2 Jakarta Tahun 2020 = Proportion differences of energy intake level based on emotional eating, external eating, and other factors among adolescents at SMA Budhi Warman 2 Jakarta in 2020

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## Abstrak

Asupan energi yang tidak sesuai merupakan salah satu masalah gizi pada remaja. Asupan energi berlebih merupakan faktor yang berkontribusi pada kegemukan dan obesitas, salah satu masalah kesehatan masyarakat utama di dunia. Di DKI Jakarta, sebanyak 21,3% remaja memiliki asupan energi 130% AKG. Penelitian ini bertujuan untuk melihat gambaran dan perbedaan proporsi asupan energi berdasarkan faktor risikonya seperti kejadian emotional eating, external eating, dan lainnya pada remaja di SMA Budhi Warman 2 Jakarta tahun 2020. Terdapat 123 responden pada penelitian ini yang merupakan siswa-siswi di SMA Budhi Warman 2 Jakarta kelas X, XI, dan XII. Penelitian ini menggunakan desain penelitian cross sectional. Data penelitian diperoleh dari pengisian kuesioner dan formulir food record 2 x 24 jam secara mandiri yang dilakukan secara daring. Pengambilan data penelitian dilakukan bulan Juli-September 2020. Hasil analisis univariat pada penelitian ini menunjukkan bahwa proporsi remaja dengan asupan energi berlebih yaitu sebesar 60,2%. Berdasarkan uji statistik chi square tidak ditemukan adanya perbedaan proporsi tingkat asupan energi yang signifikan berdasarkan faktor-faktor risikonya pada remaja di SMA Budhi Warman 2 Jakarta tahun 2020. Meski demikian, asupan energi berlebih cenderung terjadi pada remaja perempuan, mengalami external eating, dan mendapatkan uang saku tinggi

.....Energy intake that does not meet the recommendation is one of the nutritional problems among adolescents. Excessive energy intake is a contributing factor to overweight and obesity, one of the main global public health problems. In DKI Jakarta, 21.3% of adolescents have an energy intake 130% above the recommended amount. This study aims to determine the overview and proportion differences of energy intake based on its risk factors, such as emotional eating, external eating, and other factors among adolescents at SMA Budhi Warman 2 Jakarta in 2020. This study applies a cross-sectional research design on 123 students as a sample that is students of first to third grade in SMA Budhi Warman 2 Jakarta. Data were collected online by distributing a self-administered questionnaire and a 2 x 24-hour food record form. The research was conducted from July to September 2020. Univariate analysis results indicated that 60.2% of the students have excessive energy intake. Chi square statistic test indicated that there are no significant proportion differences in energy intake level based on its risk factors among adolescents at SMA Budhi Warman 2 Jakarta in 2020. However, excessive energy intake tends to occur in female adolescents, positive with external eating, and receive large pocket money.