

# Kebiasaan Makan, Gaya Hidup dan Risiko Non-Communicable Diseases pada Remaja di DKI Jakarta pada Masa New Normal = Eating Habits, Lifestyle, and Risk of Non-Communicable Diseases in Adolescents in DKI Jakarta during The New Normal

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## Abstrak

Kebiasaan makan dan gaya hidup merupakan efek kumulatif bagi remaja terkena risiko Non-Communicable Diseases (NCDs) di usia dewasa. Penelitian ini bertujuan untuk mengidentifikasi gambaran kebiasaan makan, gaya hidup, dan risiko Non-Communicable Diseases pada remaja Sekolah Menengah Atas (SMA) di DKI Jakarta. Penelitian ini adalah penelitian kuantitatif dengan desain penelitian cross-sectional.

Pengambilan data penelitian menggunakan teknik non-probability sampling dengan metode convenience sampling. Sampel penelitian ini adalah 500 orang remaja SMA di DKI Jakarta usia 15-18 tahun. Penelitian ini dilakukan saat masa Pandemi Covid-19 dengan menerapkan protokol new normal. Penelitian ini menggunakan kuesioner Global School-based Health Status (GSHS). Dari hasil penelitian ditemukan bahwa kebiasaan makan dan gaya hidup remaja secara keseluruhan di DKI Jakarta memiliki risiko yang buruk dengan ditunjukkan bahwa masih tingginya persentase kebiasaan makan buruk (49%) dan gaya hidup buruk (45,4%) nilai ini mencapai hampir setengah dari seluruh responden remaja. Risiko tinggi remaja terkena NCDs menunjukkan nilai yang hampir mencapai setengah dari total keseluruhan responden yaitu sebesar 40,6%. Rekomendasi pada penelitian ini adalah pentingnya pedoman kebiasaan makan, gaya hidup sehat untuk meningkatkan pencegahan risiko NCDs bagi remaja di usia dewasa.

.....Eating habits and lifestyle are cumulative effects for adolescents who are at risk of Non-Communicable Diseases (NCD) in adulthood. The aim of this study was to identify the prevalence of eating habits, lifestyle, and risk of Non-Communicable Diseases among Senior High School adolescents (SHS) in DKI Jakarta. This research is a quantitative study with a cross-sectional research design. Retrieval of research data using non-probability sampling techniques with convenience sampling method. The sample of this research is 500 high school adolescents in DKI Jakarta aged 15-18 years. This research was conducted during the Covid-19 pandemic by applying the new normal protocol. This study used a Global School-based Health Status (GSHS) questionnaire. From the results of the study, it was found that the eating habits and lifestyle of adolescents as a whole in DKI Jakarta have a bad risk by showing that there is still a high proportion of bad eating habits (49%) and bad lifestyle (45.4%) this value reaches almost half of all adolescent respondents. The high risk of adolescents affected by NCD shows a value that is almost half of the total respondents of 40.6%. Recommendations in this study are the importance of new eating habits, a healthy lifestyle to increase the prevention of NCD risk for adolescents as adults.