

# Gambaran Kebiasaan Konsumsi Makanan Cepat Saji (Fast Food) pada Siswa-Siswi SMAN 46 Jakarta selama Masa Pandemi COVID-19 Tahun 2021 = The Description of Fast Food Consumption Habits Among Students at SMAN 46 Jakarta During COVID-19 in 2021

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## Abstrak

Penelitian ini bertujuan untuk mengetahui gambaran kebiasaan konsumsi makanan cepat saji (fast food) pada siswa-siswi SMAN 46 Jakarta selama masa pandemi COVID-19 tahun 2021. Penelitian ini merupakan penelitian kuantitatif deskriptif dengan desain studi cross-sectional. Besar sampel dihitung menggunakan rumus estimasi proporsi dan proportionate sampling untuk perhitungan sampel pada setiap tingkatan kelasnya. Penelitian ini dilakukan pada bulan November-Desember 2021 kepada 253 siswa-siswi kelas X, XI, dan XII SMAN 46 Jakarta yang dipilih menggunakan teknik stratified sampling dan kuota untuk pengambilan pada setiap stratanya. Data dikumpulkan melalui pengisian kuesioner daring berupa google form. Hasil penelitian menunjukkan bahwa sebesar 70,4% siswa-siswi sering mengonsumsi fast food. Hasil faktor predisposisi yaitu tingkat pendidikan ayah dan ibu tinggi sebesar 88,1% dan 87,4%, siswa memiliki pengetahuan yang kurang terkait gizi seimbang dan fast food sebesar 58,1%, serta sikap yang positif sebesar 51,4%. Hasil faktor pemungkin menunjukkan bahwa sebesar 57,7% siswa memiliki jarak tempat tinggal yang sedang (1-5 kilometer) ke gerai makanan fast food terdekat dan sebesar 53,4% sering menggunakan layanan pesan-antar makanan online. Hasil faktor penguat menunjukkan bahwa sebesar 55,7% siswa tidak didukung keluarga untuk mengonsumsi fast food, 54,5% siswa didukung teman sebaya, dan 68,8% siswa terpengaruh media sosial.

.....The study aimed to describe the fast food consumption habits of students at SMAN 46 Jakarta during the COVID-19 pandemic in 2021. This study is a descriptive quantitative study using a cross-sectional design. The sample size is calculated using estimation and proportionate sampling for each stratum. This research was conducted in November-December 2021 among 253 students in grades X, XI, and XII of SMAN 46 Jakarta, who were selected using a stratified sampling and quotas technique for dataa collection at each grade level. Data was collected by filling out a questionnaire of Google form. The results showed that 70.4% of students often consumed fast food. The results of predisposing factors are that both fathers and mothers have high education levels by 88.1% and 87.4%, respectively, students have less knowledge related to nutrition and fast food by 58.1%, and positive attitudes by 51.4%. The results of the enabling factors showed that 57.7% of students have a moderate distance from their residence (1–5 kilometers) to the nearest fast food outlet, and 53.4% often use online food delivery services. The results of the reinforcing factors showed that 55.7% of students were not supported by their families to consume fast food, 54.5% of students were supported by their peers, and 68.8% of students were influenced by social media.