

Description of Knowledge and Habits of Junk Food Consumption For Health in Adolescents in Sidoarjo Islamic Middle School

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ABSTRACT

Fast food is an alternative choice for people who are busy working and rarely have time to cook, so they need practicality by choosing ready-to-eat food. Frequent consumption of junk food can have a negative impact on adolescent health, namely certain diseases such as obesity, heart disease, cancer, hypertension, and kidney failure. The purpose of this study was to determine the knowledge and frequency of consumption habits of eating junk food in adolescents at Sidoarjo Islamic Middle School. This research is a descriptive study with a cross sectional approach. The subjects of this study were 79 respondents. The instrument used for data collection is in a digital form using Google Forms. Data on knowledge and frequency of junk food consumption habits can be obtained by means of a questionnaire technique. Data analysis was performed with descriptive statistical analysis. The results of the study revealed that the respondents had knowledge about fast food (junk food) among adolescents not enough as much 1 person student (1 %), R respondent with Enough as much 3 person student (4 %) , Respondents in the moderate category were 10 students (13 %) and Respondents well amounted to 65 students (82 %) . It is to shows that there are more respondents whose actions are good. And the results of the data for the frequency of consumption of fast food (junk food), on average students consume more fast food (junk food) 1-2x/month of all the types of food listed . Parents are expected to pay attention to their actions in giving ready-to-eat food to children, so that children can choose intelligently which foods will become their daily consumption.

Keywords : Knowledge, junk food consumption habits

INTRODUCTION

The consumption habits of the Indonesian people are currently very diverse in line with developments in the amount and type of food. Another phenomenon also occurs among the public, namely the penchant for consuming fast food (junk food). The bad impact that will be obtained from the habit of consuming junk food if consumed in excess, can cause various health problems, such as overweight and obesity. Teenagers must have knowledge about the dangers arising from the habit of consuming junk food (Ferry & Nursalam, 2009 in Sari et al, 2015). The consumption habits of the Indonesian people are currently very diverse in line with developments in the amount and type of food. Another phenomenon also occurs among the public, namely the penchant for consuming fast food (junk food). The bad impact that will be obtained from the habit of consuming junk food if consumed in excess, can cause various health problems, such as overweight and obesity. Teenagers must have knowledge about the dangers arising from the

habit of consuming junk food (Ferry & Nursalam, 2009 in Sari et al, 2015).

Based on the 2018 East Java Basic Health Research (Riskesdas JATIM) it is known that 36.2% of adolescents in East Java are *obese and overweight* at the age of 18. According to Shinta's research (2011), respondents in the overweight category, namely 46.7%, had a frequency of consuming *junk food* 1-2 times a week. According to data from several Industrial sector in Indonesia in 2008 the growth of the food industry reached 19.4% annually. This proves that *junk food consumers* are increasing and are increasingly popular among many groups. From survey data in 2007, it was found that 28% of Indonesian people consumed *Junk food* at least once a week, 33% more often consumed *Junk food* during the day. From these results, Indonesia is included in the 10th country that consumes the most *junk food* (Damapoli et al , 2013).

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From the description above, the author is interested in conducting research on scientific writing with the title " an overview of knowledge and consumption habits of fast food (junk food) for health in adolescents at Sidoarjo Islamic Middle School ".

RESEARCH METHOD

The research used in this research is descriptive. Descriptive research is research conducted with the main objective of creating an objective picture or description of a situation. Descriptive research methods are used to solve and answer a problem that is being faced in the current situation. This research was conducted by taking the steps of data collection, classification, data processing/analysis, making conclusions, and reports.

RESULT AND DISCUSSION

Table 1
Characteristic of Responden

No	Gender	Amount	Percentage (%)
1	Man	45	53
2	Woman	34	47
Amount		79	100

The characteristics of the respondents obtained in the study include age and gender. Respondents in the study amounted to 79 people consisting of grades 7, 8 and 9. Table 1 shows that of the 79 respondents, 45 people (53%) were men, and 34 people (47%) were women.

Table 2
Knowledge Distribution of Fast Food Consumption Habits

Knowledge	Frequency	Percentage (%)
Good	65	82
Enough	10	13
Currently	3	4
Not enough	1	1
Total	79	100

Based on the research results table above, it can be seen that the respondent not enough as much 1 person student (1 %), R respondent with Enough as much 3 person student (4 %), Respondents in the moderate category were 10 students (13 %) and Respondents well amounted to 65 students (82 %). It is tooshows that there are more respondents whose actions are sufficient than respondent Which his actions Good.

Table 3
Frequency of Fast Food Consumption Habits (n=79)

N	Food name	2-6x/week	3-4x/month	1-2x/month	Amount
1	Fried chicken	27 people	22 people	30 people	79
2	Hamburger	9 people	10 people	50 people	69
3	Package d Drinks	37 people	19 people	23 people	79
4	Sausage	26 people	33 people	20 people	79
5	Chicken Nuggets	26 people	18 people	35 people	79
6	French fries	18 people	10 people	48 people	76
7	Boba drink	10 people	11 people	49 people	70
8	Donuts	11 people	20 people	45 people	76
9	Fried meatballs	21 people	14 people	34 people	69
10	spring rolls	13 people	21 people	32 people	66

11	Instant noodles	28 people	25 people	26 people	79
12	Ice Cream	20 people	13 people	46 people	79
13	Fried food	21 people	18 people	30 people	69
14	Cilok	26 people	16 people	37 people	79
15	Cilor	18 people	11 people	35 people	64
16	Cireng	22 people	11 people	36 people	69
17	Cirambay	9 people	19 people	40 people	68
18	Seblak	14 people	25 people	40 people	79
19	Egg rolls	18 people	16 people	45 people	79
20	Cilung	13 people	20 people	43 people	76

Based on the results of the data above students rarely consume fast food (junk food), most students consume 1-2x/month, while certain types of food are consumed by students, and it is known that the consumption of fast food is rare because parents prefer to make food rather than choosing ready-to-eat food, because parents still pay attention to the nutritional value of children.

CONCLUSION

Based on the results of data analysis and discussion in the previous chapter, the following conclusions can be drawn:

1. Identification of knowledge on consumption of fast food (junk food) in Sidoarjo Islamic Middle School students, in part

the amount of good knowledge is 65 students (82 %) . So it can be concluded that teenagers can already understand about fast food.

2. Identification of fast food consumption habits in adolescents with a total of 79 respondents, most students at Sidoarjo Islamic Middle School rarely consume fast food (junk food).

SUGGESTION

1. For Teenagers

Based on the results of the study it is known that the actions of adolescents to consume ready-to-eat food are in the frequent category, therefore, parents are advised to pay attention to their actions in providing ready-to-eat food to children, so that children can choose intelligently which food and what will be consumed daily. If it has become a habit to eat ready-to-eat food, it is better to use a food-combining technique, namely combining these foods with other foods that may have good nutritional content for the body.

2. For Further Researchers

For further research it is recommended to use other methods in researching fast food consumption habits, for example through in-depth interviews with students, so that the information obtained can be more varied than a questionnaire whose answers are already available

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