

## INTISARI

**Latar Belakang:** Prevalensi remaja *overweight* usia  $\geq 15$  tahun di Kabupaten Cilacap sebesar 29% . Hasil data Puskesmas II Karangpucung, prevalensi remaja *overweight* tertinggi terdapat di SMK Negeri 1 Karangpucung sebesar 7,3%. Edukasi gizi melalui *WhatsApp* bertujuan untuk meningkatkan pengetahuan dan sikap gizi pada remaja. Penelitian bertujuan untuk mengetahui pengaruh edukasi gizi melalui *WhatsApp* terhadap frekuensi konsumsi *junk food* dan minuman tinggi gula pada remaja *overweight* di Kecamatan Karangpucung.

**Metode:** Penelitian ini adalah *quasi experimental* dengan desain penelitian *one group pretest and posttest* tanpa kelompok kontrol. Subjek penelitian adalah 50 remaja *overweight* pada SMK Negeri di Kecamatan Karangpucung yang diambil menggunakan teknik *purposive sampling*. Data frekuensi konsumsi *junk food* dan minuman tinggi gula diukur menggunakan kuesioner *FFQ* dan edukasi gizi diberikan menggunakan video melalui *WhatsApp Group*. Analisis data menggunakan *paired simple T-test*.

**Hasil:** Ada pengaruh edukasi gizi melalui *whatsapp* terhadap frekuensi konsumsi *junk food* dan minuman tinggi gula secara signifikan ( $p\text{-value} < 0.05$ ). Semakin tinggi skor pola konsumsi maka semakin tinggi frekuensi konsumsi *junk food* dan minuman tinggi gula pada remaja *overweight* di Kecamatan Karangpucung.

**Kesimpulan:** Edukasi gizi melalui *whatsapp* dapat menurunkan frekuensi konsumsi *junk food* dan minuman tinggi gula remaja *overweight* pada SMK di Kecamatan Karangpucung.

**Kata kunci:** Konsumsi *Junk food*, Konsumsi Minuman Tinggi Gula, Diskusi, Remaja.

## ABSTRACT

**Background:** The prevalence of overweight teenagers aged  $\geq 15$  years in Cilacap Regency is 29%. The data from Public Health Center II Karangpucung shows that the highest prevalence of overweight teenagers is found in SMK Negeri 1 Karangpucung at 7.3%. Nutritional education through WhatsApp aims to increase knowledge and attitudes towards nutrition among teenagers. This study aims to determine the effect of nutritional education through WhatsApp on the frequency of junk food and high-sugar drink consumption among overweight teenagers in the Karangpucung District.

**Method:** This study is a quasi-experimental design with a one-group pretest and posttest without control group. The research subjects are 50 overweight teenagers in SMK Negeri in the Karangpucung District, selected using purposive sampling technique. The frequency of junk food and high-sugar drink consumption is measured using the FFQ questionnaire, and nutritional education is provided through videos via WhatsApp Group. Data analysis is done using paired simple T-test.

**Results:** There is a significant influence of nutrition education through WhatsApp on the frequency of consumption of junk food and high-sugar drinks ( $p\text{-value} < 0.05$ ). The higher the consumption pattern score, the higher the frequency of consumption of junk food and high-sugar drinks in overweight teenagers in the Karangpucung District.

**Conclusion:** Nutrition education through WhatsApp can decrease the frequency of consumption of junk food and high-sugar drinks in overweight teenagers in vocational schools in the Karangpucung District.

**Keywords:** Junk food consumption, High-sugar drink consumption, Discussion, Teenagers.