

INTISARI

HUBUNGAN KONSUMSI *ULTRA-PROCESSED FOOD* DENGAN STATUS GIZI PADA REMAJA USIA 13-15 TAHUN DI SEKOLAH NEGERI DI KOTA YOGYAKARTA

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Latar Belakang: Permasalahan status gizi remaja menjadi isu kesehatan yang semakin mengkhawatirkan baik di tingkat global maupun nasional. Adanya perubahan pola konsumsi secara cepat membuat tren UPF obesogenik semakin dikenal luas, mudah diakses, dan banyak disukai oleh anak muda termasuk remaja di Kota Yogyakarta. **Tujuan:** Mengetahui hubungan konsumsi UPF obesogenik dengan status gizi pada remaja usia 13 - 15 tahun di SMP N 8 Yogyakarta. **Metode:** Desain penelitian yang digunakan adalah observasional kuantitatif dengan pendekatan cross sectional study. Subjek penelitian merupakan siswa SMP N 8 Yogyakarta yang berusia 13-15 tahun dan diambil dengan consecutive sampling. Terdapat 111 siswa yang menjadi subjek penelitian. Data asupan UPF obesogenik diambil menggunakan SQ-FFQ, sedangkan data status gizi diambil melalui pengukuran antropometri sehingga didapatkan nilai z-score IMT/U. Uji hipotesis yang digunakan yaitu Uji Korelasi Spearman dengan $\alpha = 0,05$. Penelitian ini mempertimbangkan kemungkinan variabel perancu yaitu aktivitas fisik yang diambil dengan kuisisioner IPAQ-SF dan jenis kelamin. Variabel perancu dianalisis secara bivariat menggunakan Uji Korelasi Spearman dan Uji T. **Hasil penelitian:** Sebanyak 71% siswa tergolong gizi normal dengan Mean \pm SD (Z-score IMT/U) yaitu $-0,32 \pm 0,78$. Mayoritas siswa (50,5%) memiliki asupan energi, karbohidrat, dan lemak dari UPF obesogenik yang tergolong tinggi dengan nilai median asupan berturut-turut yaitu 553,9 (363,9 – 990,9) kkal, 76,6 (48,2 – 132) gram, serta 22,3 (15,3 – 38,7) gram. Terdapat hubungan antara asupan energi UPF obesogenik dengan status gizi (p value = 0,01), tidak terdapat hubungan antara asupan karbohidrat UPF obesogenik dengan status gizi (p value = 0,051), terdapat hubungan antara lemak UPF obesogenik dengan status gizi (p value = 0,027). Hasil analisis menunjukkan aktivitas fisik ($p = 0,387$) dan jenis kelamin ($p = 0,08$) tidak berperan sebagai perancu pada penelitian ini. **Kesimpulan:** Terdapat hubungan antara asupan energi dan lemak dari UPF obesogenik dengan status gizi. Tidak terdapat hubungan antara asupan karbohidrat dari UPF obesogenik dengan status gizi. Aktivitas fisik dan jenis kelamin bukan merupakan variabel perancu pada penelitian ini.

Kata kunci: UPF Obesogenik; Status Gizi; Remaja

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ABSTRACT

RELATIONSHIP BETWEEN CONSUMPTION OF ULTRA-PROCESSED FOODS AND NUTRITIONAL STATUS IN ADOLESCENTS AGED 13-15 YEARS IN PUBLIC SCHOOLS IN YOGYAKARTA CITY

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Background: The issue of adolescent nutritional status has become an increasingly concerning health issue both globally and nationally. Rapid changes in consumption patterns have led to the widespread recognition, accessibility, and popularity of obesogenic processed foods among young people, including adolescents in Yogyakarta City. **Objective:** To determine the relationship between the consumption of obesogenic UPF and nutritional status among adolescents aged 13–15 years at SMP N 8 Yogyakarta. **Method:** The study design used was a quantitative observational study with a cross-sectional approach. The study subjects were students at SMP N 8 Yogyakarta aged 13–15 years, selected using consecutive sampling. There were 111 students who participated in the study. Data on obesogenic UPF consumption were collected using the SQ-FFQ, while nutritional status data were obtained through anthropometric measurements, resulting in z-scores for BMI/U. The hypothesis test used was the Spearman Correlation Test with $\alpha = 0.05$. This study considered potential confounding variables, namely physical activity, measured using the IPAQ-SF questionnaire, and gender. Confounding variables were analysed bivariately using Spearman's Correlation Test and T-test. **Results:** 71% of students were classified as having normal nutrition with a mean \pm SD (BMI/U z-score) of -0.32 ± 0.78 . The majority of students (50.5%) had high energy, carbohydrate, and fat intake from obesogenic UPF, with median intake values of 553.9 (363.9–990.9) kcal, 76.6 (48.2–132) grams, and 22.3 (15.3–38.7) grams, respectively. There was a significant association between energy intake from obesogenic UPF and nutritional status (p value = 0.01), no association between carbohydrate intake from obesogenic UPF and nutritional status (p value = 0.051), and a significant association between fat intake from obesogenic UPF and nutritional status (p value = 0.027). The analysis results showed that physical activity ($p = 0.387$) and gender ($p = 0.08$) did not act as confounders in this study. **Conclusion:** There is a relationship between energy and fat intake from obesogenic UPF and nutritional status. There is no relationship between carbohydrate intake from obesogenic UPF and nutritional status. Physical activity and gender are not confounding variables in this study.

Keywords: Obesogenic UPF; Nutritional Status; Adolescent

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