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POLITEKNIK KESEHATAN KEMENKES RIAU

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**GAMBARAN KEBIASAAN KONSUMSI *JUNK FOOD* DAN KEJADIAN
OBESITAS SENTRAL DI KODIM 0320/KOTA DUMAI**

xi + 12 Halaman + 6 Tabel + 1 Gambar + 6 Lampiran

ABSTRAK

Junk food adalah makanan dan minuman yang rendah nutrisi tetapi tinggi lemak sehingga dapat menjadi faktor resiko terjadinya obesitas sentral. *Junk food* dianggap praktis sehingga banyak digemari oleh seluruh kalangan masyarakat. Menurut WHO, obesitas sentral adalah akumulasi abnormal lemak tubuh yang dapat menyebabkan risiko bagi kesehatan. Obesitas sentral biasanya dinyatakan dengan adanya 25% lemak tubuh pada pria dan sebanyak 35% atau lebih pada wanita. Tujuan penelitian ini adalah untuk mengetahui gambaran konsumsi *junk food* dan kejadian obesitas sentral pada TNI-AD di Kodim 0320/Dumai.

Jenis penelitian yang digunakan adalah deskriptif dengan desain *cross sectional*. Populasi penelitian ini adalah seluruh TNI-AD di wilayah Kodim 0320/Dumai sebanyak 103 orang. Sampel dalam penelitian ini sebanyak 85 orang dengan teknik pengambilan sampel menggunakan teknik *random sampling*.

Hasil penelitian ini menunjukkan bahwa 50 responden (58,8%) sering mengonsumsi *junk food* dan 35 responden (41,2%) tidak sering mengonsumsi *junk food*. Sebanyak 80 responden (94,1%) sering mengonsumsi *junk food* berupa bakwan goreng. Kejadian obesitas sentral dialami oleh 63 responden (74,1%) dan tidak obesitas sentral yaitu 22 responden (25,9%). Disarankan untuk meneliti faktor lain yang mempengaruhi kejadian obesitas sentral seperti aktivitas fisik dan usia.

Daftar Pustaka: 44 (2003-2020)

Kata Kunci : *Junk food*, obesitas sentral, zat gizi

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**DESCRIPTION OF JUNK FOOD CONSUMPTION AND CENTRAL
OBESITY IN KODIM 0320 /DUMAI**

xi + 12 Pages + 6 Tables + 1 Picture + 6 Appendices

ABSTRACT

Junk food is food and drink that is low in nutrients but high in fat so that it can be a risk factor for central obesity. Junk food is considered practical so it is loved by all circles of society poses. According to WHO, central obesity is an abnormal accumulation of body fat that a health risk. Central obesity is usually defined by the presence of 25% body fat in men and as 35% or more in women. The purpose of this study was to describe the consumption of junk food and the incidence of central obesity in the TNI-AD at Kodim 0320/Dumai.

This type of study is descriptive with a cross-sectional design. The population of this study is the entire TNI-AD in the Kodim 0320/Dumai area as many as 103 people. The sample in this study was 85 people with the sampling technique using a random sampling technique.

The results of this study indicate that 50 respondents (58.8%) often consume junk food and 35 respondents (41.2%) do not often consume junk food. As many as 80 respondents (94.1%) often consume junk food in the form of fried bakwan. The incidence of central obesity was experienced by 63 respondents (74.1%) and not by central obesity that is 22 respondents (25.9%). It is recommended to examine other factors that influence the incidence of central obesity such as physical activity and age.

Bibliography : 44 (2003-2020)

Keywords : Junk food, central obesity, nutrition