

**LAMPIRAN I**  
**WAWANCARA SURVEY PENDAHULUAN TERHADAP**  
**FREKUENSI KONSUMSI *JUNK FOOD***

A. Data responden

Nama :

Umur :

B. Pertanyaan Frekuensi Konsumsi *Junk Food*. Sebelum memberikan pertanyaan penulis menjelaskan secara umum mengenai pengertian *junk food*.

*\*Junk food* yang dimaksud termasuk ke dalam waktu mengkonsumsinya seperti menjadi menu sarapan, makan siang dan makan malam. *Junk food* adalah makanan rendah nutrisi tetapi tinggi lemak dan contoh makanannya seperti daging olahan (sosis, nugget, burger, dan lain-lain), makanan kalengan, gorengan, ayam kfc dsb.

1. Apakah makanan *junk food* yang biasa anda konsumsi?
2. Berapa kali dalam seminggu anda mengonsumsi *junk food*?
3. Menurut anda mengapa makanan tersebut dikatakan *junk food*?

## LAMPIRAN II

### FORMULIR PENGAMBILAN DATA

#### A. Hasil Pemeriksaan Sampel

1. Berat Badan : kg
2. Tinggi Badan : cm
3. Lingkar Pinggang : cm

**LAMPIRAN III**  
**FORMULIR *FOOD FREKUENSI*QUESTIONNAIRE (FFQ)**  
**SEMI KUANTITAI**

No	Jenis Makanan	Frekuensi makan		
		x/hari	x/minggu	Tidak pernah
1	Mie Instant			
2	Kentang goreng			
3	Bakwan			
4	Pisang goreng			
5	Ubi goreng			
6	Donat			
7	Hamburger			
8	Sandwich			
9	Pizza			
10	<i>Nugget</i>			
11	Sosis			
12	KFC			
13	Richeese			
14	Coca cola			
15	Sprite			
16	Pepsi			
17	Fanta			
18	Sarden			
19	Spaghetti			
20	Bakso bakar			
21	Sosis bakar			
22	Olahan keju			

**SURAT PERNYATAAN PERSETUJUAN RESPONDEN**  
**(INFORMED CONSENT)**

Saya yang bertanda tangan dibawah ini:

Nama :

Umur :

Alamat :

No. Hp :

Dengan ini saya bersedia secara sukarela untuk menjadi subyek penelitian setelah mendapatkan penjelasan tentang maksud dan tujuan serta memahami penelitian yang dilakukan dengan judul **“Gambaran Kebiasaan Konsumsi *Junk Food* dan Kejadian Obesitas Sentral di Kodim 0320/Kota Dumai”**. Saya akan memberikan informasi yang benar sejauh yang saya ketahui dan yang saya ingat.

Demikian surat pernyataan ini dibuat dengan penuh kesadaran tanpa ada paksaan dari pihak manapun.

Dumai, \_\_\_\_\_ 2021

Yang membuat pernyataan,

( \_\_\_\_\_ )

## LAMPIRAN 4

### DOKUMENTASI PENGAMBILAN DATA





KOMANDO RESOR MILITER 031/WIRABIMA  
KOMANDO DISTRIK MILITER 0320/DUMAI

**SURAT KETERANGAN**

Yang bertanda tangan di bawah ini Dandim 0320/Dumai, dengan ini menyatakan bahwa :

Nama : Misarqoh Siska Aswaf

Nim : P031813411057

Program studi : Gizi

Jenjang : DIII

Judul : Gambaran Kebiasaan Konsumsi *Junk Food* dan Kejadian  
Obesitas Sentral di Kodim 0320/Kota Dumai

Alamat Penelitian : Jl.Sultan Syarif Kasim No.11, Teluk Binjai, Dumai Timur,  
Kota Dumai, Riau

Memang benar telah melakukan penelitian di Kodim 0320/Dumai sejak Desember 2020 hingga Mei 2021. Demikian surat keterangan ini dibuat untuk dapat di pergunakan sebagaimana mestinya dan terimakasih.

Dumai, 27 Mei 2021

Komandan Kodim 0320/Dumai



Irdhan, S.E., M.M

Letnan Kolonel Inf NRP 11010046101179

## LAMPIRAN V

### MASTER TABEL

#### Bakwan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sering>2x/mgg	80	92.0	94.1	94.1
	tdksering<2x/mgg	5	5.7	5.9	100.0
	Total	85	97.7	100.0	
Missing	System	2	2.3		
Total		87	100.0		

#### Pisanggrog

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sering>2x/mgg	78	89.7	91.8	91.8
	tdksering<2x/mgg	7	8.0	8.2	100.0
	Total	85	97.7	100.0	
Missing	System	2	2.3		
Total		87	100.0		

#### Ubigrrog

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sering>2x/mgg	42	48.3	49.4	49.4
	tdksering<2x/mgg	31	35.6	36.5	85.9
	tdkprnh	12	13.8	14.1	100.0
	Total	85	97.7	100.0	
Missing	System	2	2.3		
Total		87	100.0		

#### Donat

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sering>2x/mgg	57	65.5	67.1	67.1
	tdksering<2x/mgg	18	20.7	21.2	88.2
	tdkprnh	10	11.5	11.8	100.0

Total		85	97.7	100.0
Missing	System	2	2.3	
Total		87	100.0	

#### Hamburger

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sering	23	26.4	27.1	27.1
	tdksering	41	47.1	48.2	75.3
	tdkprnh	21	24.1	24.7	100.0
	Total	85	97.7	100.0	
Missing	System	2	2.3		
Total		87	100.0		

#### Tahubkr

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sering	16	18.4	18.8	18.8
	tdkserg	19	21.8	22.4	41.2
	tdkprnh	50	57.5	58.8	100.0
	Total	85	97.7	100.0	
Missing	System	2	2.3		
Total		87	100.0		

#### Pizza

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sering	29	33.3	34.1	34.1
	tdksering	30	34.5	35.3	69.4
	tdkprnh	26	29.9	30.6	100.0
	Total	85	97.7	100.0	
Missing	System	2	2.3		
Total		87	100.0		



**Nugget**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sering	35	40.2	41.2	41.2
	tdksering	20	23.0	23.5	64.7
	tdkprnh	30	34.5	35.3	100.0
	Total	85	97.7	100.0	
Missing	System	2	2.3		
Total		87	100.0		

**Sosis**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sering	29	33.3	34.1	34.1
	tdksering	45	51.7	52.9	87.1
	tdkprnh	11	12.6	12.9	100.0
	Total	85	97.7	100.0	
Missing	System	2	2.3		
Total		87	100.0		

**KFC**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sering	16	18.4	18.8	18.8
	tdksering	20	23.0	23.5	42.4
	tdkprnh	49	56.3	57.6	100.0
	Total	85	97.7	100.0	
Missing	System	2	2.3		
Total		87	100.0		

**Richeese**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sering	14	16.1	16.5	16.5
	tdksering	11	12.6	12.9	29.4
	tdkprnh	60	69.0	70.6	100.0
	Total	85	97.7	100.0	
Missing	System	2	2.3		

**Richeese**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sering	14	16.1	16.5	16.5
	tdksering	11	12.6	12.9	29.4
	tdkprnh	60	69.0	70.6	100.0
	Total	85	97.7	100.0	
Missing	System	2	2.3		
Total		87	100.0		

**Cocacola**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sering	21	24.1	24.7	24.7
	tdksering	8	9.2	9.4	34.1
	tdkprnh	56	64.4	65.9	100.0
	Total	85	97.7	100.0	
Missing	System	2	2.3		
Total		87	100.0		

**Sprite**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sering	19	21.8	22.4	22.4
	tdksering	21	24.1	24.7	47.1
	tdkprnh	45	51.7	52.9	100.0
	Total	85	97.7	100.0	
Missing	System	2	2.3		
Total		87	100.0		

**Pepsi**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sering	31	35.6	36.5	36.5
	tdksering	14	16.1	16.5	52.9
	tdkprnh	40	46.0	47.1	100.0
	Total	85	97.7	100.0	
Missing	System	2	2.3		

**Pepsi**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sering	31	35.6	36.5	36.5
	tdksering	14	16.1	16.5	52.9
	tdkprnh	40	46.0	47.1	100.0
	Total	85	97.7	100.0	
Missing	System	2	2.3		
Total		87	100.0		

**Fanta**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sering	22	25.3	25.9	25.9
	tdksering	19	21.8	22.4	48.2
	tdkprnh	44	50.6	51.8	100.0
	Total	85	97.7	100.0	
Missing	System	2	2.3		
Total		87	100.0		

**Sarden**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sering	29	33.3	34.1	34.1
	tdksering	34	39.1	40.0	74.1
	tdkprnh	22	25.3	25.9	100.0
	Total	85	97.7	100.0	
Missing	System	2	2.3		
Total		87	100.0		

**Jeroan**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sering	31	35.6	36.5	36.5
	tdksering	16	18.4	18.8	55.3
	tdkprnh	38	43.7	44.7	100.0
	Total	85	97.7	100.0	
Missing	System	2	2.3		

**Jeroan**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sering	31	35.6	36.5	36.5
	tdksering	16	18.4	18.8	55.3
	tdkprnh	38	43.7	44.7	100.0
	Total	85	97.7	100.0	
Missing	System	2	2.3		
Total		87	100.0		

**Baksobkr**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sering	22	25.3	25.9	25.9
	tidaksering	30	34.5	35.3	61.2
	tdkprnh	33	37.9	38.8	100.0
	Total	85	97.7	100.0	
Missing	System	2	2.3		
Total		87	100.0		

**Sosisbkr**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sering	11	12.6	12.9	12.9
	tidaksering	32	36.8	37.6	50.6
	tdkprnh	42	48.3	49.4	100.0
	Total	85	97.7	100.0	
Missing	System	2	2.3		
Total		87	100.0		

**Olahankeju**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sering	11	12.6	12.9	12.9
	tdksering	9	10.3	10.6	23.5
	tdkprnh	65	74.7	76.5	100.0
	Total	85	97.7	100.0	

Missing	System	2	2.3	
Total		87	100.0	

**miinstant**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sering>2x/mgg	27	31.0	31.8	31.8
	tdksering<2x/mgg	43	49.4	50.6	82.4
	tidakpernah	15	17.2	17.6	100.0
	Total	85	97.7	100.0	
Missing	System	2	2.3		
Total		87	100.0		

**kentggrg**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	sering>2x/mgg	31	35.6	36.5	36.5
	tdksering<2x/mgg	41	47.1	48.2	84.7
	tdkprnh	13	14.9	15.3	100.0
	Total	85	97.7	100.0	
Missing	System	2	2.3		
Total		87	100.0		

**kebiasaanjunkfood**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	tidak sering (0-49,99%)	35	41.2	41.2	41.2
	sering (50-100%)	50	58.8	58.8	100.0
	Total	85	100.0	100.0	

**LP**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	OBESITAS	63	74.1	74.1	74.1
	TIDAK OBESITAS	22	25.9	25.9	100.0
	Total	85	100.0	100.0	

**kebiasaanjunkfood \* kejadianobessntr Crosstabulation**

			kejadianobessntr		Total
			obes	tidak	
kebiasaanjunkfood	tidak sering (0-49,99%)	Count	16	19	35
		Expected Count	24.7	10.3	35.0
	sering (50-100%)	Count	44	6	50
		Expected Count	35.3	14.7	50.0
Total	Count		60	25	85
	Expected Count		60.0	25.0	85.0

**UMUR**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	31-35	8	9.4	9.4	9.4
	36-40	20	23.5	23.5	32.9
	41-45	25	29.4	29.4	62.4
	46-50	27	31.8	31.8	94.1
	51-50	5	5.9	5.9	100.0
Total		85	100.0	100.0	

**UMUR \* LP Crosstabulation**

			LP		Total
			OBESITAS	TIDAK OBESITAS	
UMUR	31-35	Count	5	3	8
		Expected Count	5.9	2.1	8.0
	36-40	Count	13	7	20
		Expected Count	14.8	5.2	20.0
	41-45	Count	20	5	25
		Expected Count	18.5	6.5	25.0
	46-50	Count	22	5	27
		Expected Count	20.0	7.0	27.0
	51-50	Count	3	2	5
		Expected Count	3.7	1.3	5.0
Total	Count		63	22	85
	Expected Count		63.0	22.0	85.0