

ABSTRACT

Christma Sari Bastiaan, 2024. The Relationship of Weight Perception, Energy and Nutrient Intake, and Fast Food Consumption Patterns to the Incidence of Adolescent Obesity at SMA Negeri 1 Singosari. Thesis. Bachelor of Applied Nutrition and Dietetics Study Program, Department of Nutrition, Health Polytechnic of Malang. (Under the guidance of: **Endang Widajati, SST., M.Kes., RD, and Fitria Dhenok Palupi, SST., M.Gz**).

Adolescence is a transition period from childhood to adulthood. Various problems arise during this period, such as weight perception and obesity. Cultural influences, social media and peer pressure can affect weight perception in adolescents, leading to concerns about body shape and self-confidence. Negative weight perception can impact individuals' nutritional problems, as they may engage in disordered eating behaviors to achieve their desired weight. This study aims to determine the relationship between weight perception, energy and nutrient intake, and fast food consumption patterns with obesity in adolescents, especially in adolescents at SMA Negeri 1 Singosari. This study used an analytic observational approach, focusing on analyzing the relationship between variables. The design used was cross sectional, with data collected from 33 adolescents aged 15-18 years with BMI > 25 kg/m². Data on respondent characteristics, weight perception, energy and nutrient intake, and fast food consumption patterns were collected through interviews and questionnaires. This study did not find a significant relationship between weight perception, nutrient intake, and fast food consumption patterns with obesity in adolescents at SMA Negeri 1 Singosari. However, there was a significant relationship between energy intake and obesity. Most of the obese adolescents were male, 16 years old, with negative weight perception and deficit nutrient intake. The majority of them rarely consumed fast food.

Keywords: Adolescents, Energy Intake, Fast Food Consumption Pattern, Obesity, Weight Perception.