

ABSTRACT

Fitri Amalia Ghofar, 2024. Hubungan Kebiasaan Konsumsi Fast food, Asupan Lemak dan Serat terhadap Kejadian *Overweight* pada Remaja di MBI Ammanatul Ummah Pacet. Skripsi. Program Studi Sarjana Terapan Gizi Dan Dietetika, Jurusan Gizi, Politeknik Kesehatan Malang. (Di bawah bimbingan: **Dr. Etik Sulistyowati, SST., S.Gz., M.Kes. dan Fifi Luthfiah, SST., M.Kes**)

This study aims to examine the relationship fast food consumption habits, fat and fiber intake on the incidence of overweight in adolescents. Overweight is an increasing global health problem, especially among teenagers. Lifestyle factors such as diet play an important role because from diet we can find out the intake of fat and fiber that enters the body

This research uses an analytical observational study design with a cross-sectional approach. The research population was teenagers aged 16-19 years in a middle school in the city of Mojokerto. Data was collected through questionnaires regarding the frequency of fast food consumption, fat intake and fiber intake, as well as anthropometric measurements to determine obesity status based on body mass index (BMI).

The results of the analysis show that there is a significant relationship between fast food consumption habits and fat intake and the incidence of obesity in adolescents. Teenagers who frequently consume fast food and have a high fat intake tend to have a higher risk of being overweight. On the other hand, adequate fiber intake was found to have a negative relationship with the incidence of obesity, where adolescents with high fiber intake had a lower risk of experiencing obesity.

This research emphasizes the importance of healthy eating patterns in preventing obesity in adolescents. Interventions that encourage reduced consumption of fast food and fat and increased fiber intake need to be implemented as part of efforts to overcome the problem of obesity among adolescents.

Keywords: adolescen, fat intake, fast food consumption habits, fiber intake, overweight