THE RELATIONSHIP BETWEEN *FAST FOOD* CONSUMPTION HABITS AND BLOOD GLUCOSE LEVELS AMONG NURSING STUDENTS OF POLTEKKES KEMENKES MALANG

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ABSTRACT

Fast Food consumption habits among students are increasing due to practicality, good taste, easy accessibility, and affordable prices. *Fast Food* consumption patterns, which are high in sugar, saturated fat, and calories but low in fiber, can affect blood glucose levels and increase the risk of metabolic disorders. Students are considered a vulnerable group for unhealthy eating habits due to their busy academic activities. Based on this phenomenon, research is needed to determine the relationship between *Fast Food* consumption habits and blood glucose levels among students. This study aimed to determine the relationship between *Fast Food* consumption habits and blood glucose levels among nursing students at Poltekkes Kemenkes Malang. This study used a quantitative correlational design with a cross-sectional approach. The sample consisted of 100 second-year nursing students from the Applied Bachelor of Nursing Program at Poltekkes Kemenkes Malang, selected using a simple random sampling technique. Data were collected using the Food Frequency Questionnaire (FFQ) and blood glucose level measurements using a glucometer. Data analysis was performed using the Spearman Rank test. The results showed a significant relationship between *Fast Food* consumption and random blood glucose levels among nursing students, with a p-value of 0.003 and a correlation coefficient (r) of 0.645. These results indicate a positive and strong relationship, meaning that the higher the frequency of *Fast Food* consumption, the higher the respondents' blood glucose levels. This study concludes that *Fast Food* consumption habits have a strong and significant relationship with blood glucose levels among nursing students at Poltekkes Kemenkes Malang. Therefore, healthcare workers are expected to provide education on the impact of fast-food consumption habits and conduct regular blood sugar screenings to prevent metabolic disorders among the public.

Keywords : *Fast Food* Consumption Habits, Blood Glucose Levels, Nursing Students, *Fast Food*.