

ABSTRAK

Ronauli Prettilia Siahaan : Hubungan Penggunaan Media Sosial Dan Konsumsi Ultra-Processed Food Dengan Status Gizi Pada Siswa SMAS Indonesia Membangun Medan. Skripsi. Gizi. Jurusan PKK. Fakultas Teknik. Universitas Negeri Medan. 2025

Status gizi adalah gambaran tubuh seseorang sebagai akibat dari konsumsi pangan dan penggunaan zat-zat gizi dari pangan yang dikonsumsi di dalam tubuh. Penelitian ini bertujuan untuk mengetahui: (1) karakteristik siswa; (2) penggunaan media sosial; (3) konsumsi *ultra-processed food*; (4) status gizi; (5) hubungan penggunaan media sosial dengan status gizi; (6) hubungan antara konsumsi *ultra-processed food* dengan status gizi; (7) hubungan penggunaan media sosial dan konsumsi *ultra-processed food* dengan status gizi. Penelitian ini dilaksanakan di SMAS Indonesia Membangun Medan pada bulan Februari-Mei 2025 dengan desain *cross-sectional*. Populasi penelitian ialah seluruh siswa kelas X dan XI berjumlah 157 orang. Teknik penentuan sampel menggunakan *stratified random sampling* sehingga diperoleh sampel sebanyak 55 siswa. Pengumpulan data dilakukan menggunakan kuesioner SONTUS untuk variabel penggunaan media sosial, kuesioner FFQ untuk melihat konsumsi *ultra-processed food* dan pengukuran antropometri melalui penimbangan berat badan dan tinggi badan untuk memantau status gizi. Analisis data dilakukan secara deskriptif, uji korelasi *Rank Spearman* dan uji *Regresi Linier Berganda*.

Hasil penelitian ini menunjukkan bahwa penggunaan media sosial dengan kategori tinggi sebesar 45,5 persen. Konsumsi *Ultra Processed Food* termasuk kategori sering sebesar 74,5 persen. Status gizi siswa termasuk kategori gizi baik sebesar 60,0 persen. Hasil uji korelasi *Rank Spearman* terdapat hubungan yang positif dan signifikan antara penggunaan media sosial dengan status gizi dengan nilai ($r = 0,357$; $p = 0,008$). Artinya semakin tinggi penggunaan media sosial maka semakin tinggi status gizi siswa. Hasil uji korelasi *Rank Spearman* terdapat hubungan yang positif dan signifikan antara konsumsi *ultra-processed food* dengan status gizi dengan nilai ($r = 0,390$; $p = 0,003$). Artinya semakin tinggi konsumsi *ultra-processed food* maka semakin tinggi pula status gizi siswa. Hasil analisis uji regresi linier berganda terdapat hubungan positif dan signifikan antara penggunaan media sosial dan konsumsi *ultra-processed food* dengan status gizi dengan nilai p -value 0,000 dan nilai $Y = 1,532 + 0,287 X_1 + 0,545 X_2$. Artinya semakin tinggi penggunaan media sosial dan konsumsi *ultra-processed food* maka semakin tinggi status gizi siswa. Kesimpulan terdapat hubungan penggunaan media sosial dan konsumsi *ultra-processed food* dengan status gizi siswa SMAS Indonesia Membangun Medan.

ABSTRACT

Ronauli Prettilia Siahaan, Relationship between use of social media and consumption of ultra-processed food with nutritional status among Indonesian high school students building Medan. Thesis. Nutrition Study Program. Department of Family Welfare Education. Nutrition, Department of Family Welfare Education Faculty of Engineering. Medan State University. 2025

Nutritional status is a depiction of a person's body condition as a result of food consumption and the utilization of nutrients from the foods consumed. This study aimed to determine: (1) the characteristics of students; (2) social media usage; (3) ultra-processed food (UPF) consumption; (4) nutritional status; (5) the relationship between social media usage and nutritional status; (6) the relationship between ultra-processed food consumption and nutritional status; and (7) the relationship between social media usage and ultra-processed food consumption with nutritional status. This research was conducted at SMAS Indonesia Membangun Medan, located at Jl. Air Bersih No. 59, Sudirejo I, Medan Kota District, Medan City, North Sumatra, using a cross-sectional design. The population consisted of 157 students from grades X and XI, and a total of 55 students were selected as samples using stratified random sampling. Data were collected using the SONTUS questionnaire for the social media usage variable, the Food Frequency Questionnaire (FFQ) to assess ultra-processed food consumption, and anthropometric measurements (weight and height) to monitor nutritional status. Data analysis was conducted using descriptive statistics, the Spearman Rank correlation test, and multiple linear regression analysis.

The results showed that social media usage was categorized as high in 45.5% of students, with scores ranging from 15–19. Ultra-processed food consumption was categorized as frequent in 74.5% of students. The nutritional status of students was classified as good in 60.0% of cases. The Spearman Rank correlation test showed a positive and significant relationship between social media usage and nutritional status ($r = 0.357$; $p = 0.008$), indicating that the higher the use of social media, the higher the students' nutritional status. The Spearman Rank correlation test also revealed a positive and significant relationship between ultra-processed food consumption and nutritional status ($r = 0.390$; $p = 0.003$), meaning that the higher the consumption of ultra-processed food, the higher the students' nutritional status. The results of the multiple linear regression analysis indicated a positive and significant relationship between social media usage and ultra-processed food consumption with nutritional status, with a p-value of 0.000 and the regression equation $Y = 1.532 + 0.287X_1 + 0.545X_2$. This means that the higher the level of social media usage and ultra-processed food consumption, the higher the students' nutritional status. In conclusion, there is a significant relationship between social media usage and ultra-processed food consumption with the nutritional status of students at SMAS Indonesia Membangun Medan.