

ABSTRAK

Ananda Imam Adli. Determinan yang Berhubungan dengan Frekuensi Konsumsi *Ultra-Processed Food* pada Siswa SMA Swasta Utama. Skripsi. Program Studi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2026.

Frekuensi konsumsi *Ultra-Processed Food* (UPF) pada remaja terus meningkat dan berpotensi meningkatkan risiko berbagai gangguan kesehatan dan penyakit tidak menular. Konsumsi UPF dipengaruhi oleh berbagai faktor, seperti faktor ekonomi, faktor individu, dan faktor lingkungan. Penelitian ini bertujuan untuk menganalisis hubungan uang saku, pengetahuan gizi, pengaruh teman sebaya, serta *food choice motives* yang meliputi kemudahan, ketertarikan sensori, harga, dan kebiasaan dengan frekuensi konsumsi *Ultra-Processed Food* pada siswa SMA Swasta Utama. Penelitian ini merupakan penelitian kuantitatif dengan pendekatan *cross-sectional*. Penelitian dilakukan sejak Maret 2026 hingga Juli 2026. Sampel ditentukan menggunakan teknik **total sampling** terhadap seluruh populasi yang memenuhi kriteria penelitian, sehingga diperoleh 93 responden. Responden merupakan siswa kelas X dan XI SMA Swasta Utama Medan. Frekuensi konsumsi UPF diukur menggunakan *Food Frequency Questionnaire* (FFQ), sedangkan variabel independen (pengetahuan gizi, pengaruh teman sebaya, dan *food choice motives*) diukur menggunakan kuesioner yang telah divalidasi. Analisis data dilakukan secara univariat, bivariat menggunakan uji *Chi-Square/Fisher's-Freeman*, dan multivariat menggunakan regresi logistik. Hasil penelitian menunjukkan bahwa hanya uang saku yang berhubungan secara signifikan dengan frekuensi konsumsi UPF ($p = 0,047$; $PR = 1,579$; 95% CI: 1,053–2,366). Pengetahuan gizi ($p = 0,365$), pengaruh teman sebaya ($p = 0,425$), serta seluruh konstruk *Food Choice Questionnaire* yang meliputi kemudahan ($p = 0,235$), ketertarikan sensori ($p = 0,452$), harga ($p = 0,338$), dan kebiasaan ($p = 0,932$) tidak menunjukkan hubungan yang signifikan ($p > 0,05$). Uji multivariat regresi logistik menghasilkan variabel uang saku sebagai variabel satu-satunya yang berhubungan signifikan dengan frekuensi konsumsi UPF ($p = 0,021$; Exp (B): 2,819; 95% CI: 1,172 – 6,778).

Kata kunci: *Ultra-Processed Food*, remaja, uang saku, pengetahuan gizi, teman sebaya, *Food Choice Motives*.

ABSTRACT

Ananda Imam Adli. Determinants of the Frequency of Ultra-Processed Food Consumption among Students at SMA Swasta Utama. Undergraduate Thesis. Nutrition Study Program. Faculty of Engineering. Universitas Negeri Medan. 2026.

The frequency of Ultra-Processed Food (UPF) consumption among adolescents has continued to increase and may elevate the risk of various health problems and non-communicable diseases. UPF consumption is influenced by various factors, including economic, individual, and environmental factors. This study aimed to analyze the associations of allowance, nutrition knowledge, peer influence, and food choice motives, including convenience, sensory appeal, price, and familiarity, with the frequency of Ultra-Processed Food consumption among students at SMA Swasta Utama. This quantitative study employed a cross-sectional design. The research was conducted from March 2026 to July 2026. The sample was selected using a total sampling technique, involving all students who met the study criteria, resulting in 93 respondents. The respondents were Grade 10 and Grade 11 students at SMA Swasta Utama Medan. The frequency of UPF consumption was assessed using a Food Frequency Questionnaire (FFQ), while the independent variables (nutrition knowledge, peer influence, and food choice motives) were measured using validated questionnaires. Data were analyzed using univariate analysis, bivariate analysis with the Chi-square test/Fisher-Freeman test, and multivariate analysis using binary logistic regression. The results showed that only allowance was significantly associated with the frequency of UPF consumption ($p = 0.047$; $PR = 1.579$; 95% CI: 1.053–2.366). Nutrition knowledge ($p = 0.365$), peer influence ($p = 0.425$), and all Food Choice Questionnaire (FCQ) constructs, including convenience ($p = 0.235$), sensory appeal ($p = 0.452$), price ($p = 0.338$), and familiarity ($p = 0.932$), were not significantly associated with the frequency of UPF consumption ($p > 0.05$). Multivariate logistic regression analysis identified allowance as the only variable significantly associated with the frequency of UPF consumption ($p = 0.021$; $Exp(B) = 2.819$; 95% CI: 1.172–6.778).

Keywords: Ultra-Processed Food, adolescents, allowance, nutrition knowledge, peer influence, Food Choice Motives.