

ABSTRAK

Siti Khairuna Lubis: Hubungan Kebiasaan Merokok, Paparan Media Sosial, dan Asupan Energi dengan Status Gizi Remaja di Desa Medan Estate Percut Sei Tuan Deli Serdang. Skripsi. Program Studi Gizi. Pendidikan Kesejahteraan Keluarga. Fakultas Teknik. Universitas Negeri Medan. 2026.

Status gizi merupakan sebuah acuan indikator dalam penentuan kondisi status kesehatan. Status gizi yang baik digunakan untuk mempertahankan tingkat kesehatan, membantu perkembangan dan pertumbuhan terutama pada golongan usia remaja. Penelitian ini bertujuan untuk mengetahui: (1), Karakteristik responden; (2), Kebiasaan merokok responden; (3), Paparan media sosial responden; (4), Asupan energi responden; (5), Status gizi responden; (6), Hubungan kebiasaan merokok dengan status gizi responden; (7), Hubungan paparan media sosial dengan status gizi responden; (8), Hubungan asupan energi dengan status gizi responden; (9), Hubungan kebiasaan merokok, paparan media sosial, dan asupan energi dengan status gizi responden. Tempat penelitian ini di dusun III dan dusun IV Desa Medan Estate, waktu penelitian di bulan Juli - September 2025. Desain penelitian *cross sectional*. Populasi dalam penelitian seluruh remaja laki – laki yang tinggal di Desa Medan Estate yang terdiri dari 12 dusun. Teknik pengambilan sampel secara *Purposive Sampling* dengan jumlah sampel 63 remaja. Teknik pengumpulan data menggunakan kuesioner penelitian untuk data kebiasaan merokok, paparan media sosial, formulir *Food Recall* 2x24 jam, dan pengukuran antropometri. Teknik analisis data menggunakan deskriptif data, uji *Rank Spearman* dan uji Regresi Linear Berganda.

Berdasarkan hasil penelitian ini menunjukkan kebiasaan merokok remaja termasuk kategori sedang sebesar 61,90 persen, paparan media sosial remaja termasuk kategori rendah sebesar 73,00 persen. Asupan energi remaja termasuk kategori rendah sebesar 66,70 persen, dan status gizi remaja termasuk kategori kurang sebesar 66,70 persen. Hasil tabulasi silang sebanyak 50,80 persen remaja yang memiliki kebiasaan merokok sedang memiliki status gizi kurang sebanyak 66,70 persen, hasil tabulasi silang sebanyak 58,70 persen remaja yang memiliki paparan media sosial rendah memiliki status gizi kurang sebanyak 66,70 persen, dan hasil tabulasi silang sebanyak 66,70 persen remaja yang memiliki asupan energi rendah memiliki status gizi kurang sebanyak 66, 70 persen. Hasil analisis korelasi *Rank Spearman* terdapat hubungan yang negatif dan signifikan antar kebiasaan merokok dengan status gizi dengan nilai koefisien korelasi sebesar -0,551 dengan nilai signifikansi *p-value* sebesar $<0,001$ ($p < 0,05$). Artinya semakin rendah kebiasaan merokok remaja, maka semakin baik status gizi remaja laki laki. Hasil analisis korelasi *Rank Spearman* terdapat hubungan yang positif dan signifikan antar paparan media sosial dengan status gizi dengan nilai koefisien korelasi sebesar 0,287 dengan nilai signifikansi *p-value* sebesar 0,023 ($p < 0,05$). Artinya semakin tinggi paparan media sosial, maka semakin baik status remaja laki laki. Hasil analisis korelasi *Rank Spearman* terdapat hubungan yang positif dan signifikan antar asupan energi dengan status gizi, dengan nilai koefisien korelasi sebesar 0,754 dengan nilai signifikansi *p-value* sebesar $<0,001$ ($p < 0,05$). Artinya semakin tinggi asupan energi maka semakin baik status gizi remaja laki laki. Hasil analisis regresi linear berganda persamaan regresi $Y = -6,631 - 0,078X_1 + 0,021X_2 + 0,061X_3$. Nilai koefisien korelasi (*R*) sebesar 0,926 yang menunjukkan bahwa terdapat hubungan yang sangat signifikan antar kebiasaan merokok, paparan media sosial, dan asupan energi dengan status gizi. Nilai koefisien determinasi (*R Square*) diperoleh sebesar 0,857 menunjukkan bahwa sebesar 85,70 persen status gizi remaja dipengaruhi oleh kebiasaan merokok, paparan media sosial, dan asupan energi, sedangkan sisanya yaitu 14,30 persen dipengaruhi oleh faktor lain di luar penelitian ini.

Kata kunci: paparan media sosial, kebiasaan merokok, asupan energi, status gizi.

ABSTRACT

Siti Khairuna Lubis: *The Relationship between Smoking Habits, Social Media Exposure, and Energy Intake with the Nutritional Status of Adolescents in Medan Estate Percut Sei Tuan Village, Deli Serdang*. Thesis. Nutrition Study Program. Family Welfare Education. Faculty of Engineering. State University of Medan. 2026.

Nutritional status serves as a key indicator for assessing health status. Good nutritional status is essential for maintaining health and supporting growth and development, particularly among adolescents. This study aims to determine: (1) respondent characteristics; (2) smoking habits; (3) social media exposure; (4) energy intake; (5) nutritional status; (6) the relationship between smoking habits and nutritional status; (7) the relationship between social media exposure and nutritional status; (8) the relationship between energy intake and nutritional status; and (9) the relationship of smoking habits, social media exposure, and energy intake with nutritional status. The study was conducted in Hamlets III and IV of Medan Estate Village between July and September 2025, utilizing a cross-sectional design. The study population consisted of all male adolescents residing in Medan Estate Village, which comprises 12 hamlets. Purposive sampling was employed to select a sample of 63 adolescents. Data collection involved questionnaires regarding smoking habits and social media exposure, a 2x24-hour food recall form, and anthropometric measurements. Data analysis techniques included descriptive statistics, the Spearman Rank test, and multiple linear regression analysis.

The study results indicate that 61.90% of adolescents fell into the moderate category for smoking habits, while 73.00% fell into the low category for social media exposure. Regarding dietary intake, 66.70% of adolescents were in the low category, and 66.70% were classified as having poor nutritional status. Cross-tabulation revealed that among adolescents with moderate smoking habits, 66.70% had poor nutritional status; among those with low social media exposure, 66.70% had poor nutritional status; and among those with low energy intake, 66.70% had poor nutritional status. Spearman Rank correlation analysis showed a significant negative relationship between smoking habits and nutritional status (correlation coefficient = -0.551; $p < 0.001$), meaning that lower smoking habits were associated with better nutritional status among male adolescents. A significant positive relationship was found between social media exposure and nutritional status (correlation coefficient = 0.287; $p = 0.023$), indicating that higher social media exposure was associated with better status among male adolescents. A significant positive relationship was also found between energy intake and nutritional status (correlation coefficient = 0.754; $p < 0.001$), meaning that higher energy intake was associated with better nutritional status among male adolescents. Multiple linear regression analysis yielded the equation: $Y = -6.631 - 0.078X_1 + 0.021X_2 + 0.061X_3$. The correlation coefficient (R) of 0.926 indicates a highly significant relationship between smoking habits, social media exposure, and energy intake with nutritional status. The coefficient of determination (R -squared) of 0.857 shows that 85.70 percent of adolescents' nutritional status is influenced by smoking habits, social media exposure, and energy intake, while the remaining 14.30 percent is influenced by factors outside the scope of this study.

Keywords: social media exposure, smoking habits, energy intake, nutritional status.