

## Abstrak

### PAPARAN *SCREEN TIME* DAN TINGKAT ASUPAN GIZI MAKRO PADA REMAJA STATUS GIZI NORMAL DAN LEBIH DI SMA NEGERI 1 SOKARAJA

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**Latar Belakang :** Prevalensi gizi lebih pada remaja tahun 2013-2018 meningkat di Indonesia. Salah satu faktor yang mempengaruhi diantaranya adalah iklan dan asupan makan. Penelitian ini bertujuan untuk mengetahui perbedaan paparan *screen time* dan tingkat asupan gizi makro antara remaja gizi normal dan lebih di SMA Negeri 1 Sokaraja.

**Metodologi :** Desain penelitian yang digunakan yaitu *case control* dengan sampel 35 responden pada tiap kelompok. Pengambilan data *screen time* diambil dengan kuesioner *The HELENA Study*, tingkat asupan makro diambil dengan *SQ-FFQ* dan status gizi ditentukan oleh indeks IMT/U. Analisis data menggunakan *Independent-Samples T Test* dan *Mann Whitney*.

**Hasil :** Terdapat perbedaan paparan *screen time*  $p=0,003$  dan tingkat asupan gizi protein  $p=0,005$ , lemak  $p=0,014$  dan karbohidrat  $p=0,000$  pada remaja gizi normal dan lebih di SMA Negeri 1 Sokaraja.

**Kesimpulan :** Terdapat perbedaan paparan *screen time* dan tingkat asupan gizi makro pada remaja gizi normal dan lebih di SMA Negeri 1 Sokaraja.

**Kata Kunci :** *Screen time*, tingkat asupan gizi makro, status gizi

*Abstract*

**SCREEN TIME EXPOSURE, MACRO-NUTRIENT INTAKE LEVEL AND NUTRITION STATUS OF THE TEENAGERS IN SOKARAJA 1 SENIOR HIGH SCHOOL**

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**Background:** *The prevalence of excessive nutrition of adolescents in 2013-2018 is increasing in Indonesia. One of the influencing factors is advertising and food intake. The purpose of this research is to found out whether there is rhe difference of screen time exposure and macro-nutrient intake level of those teenagers who have normal, overweight and obesity nutrition status in Sokaraja 1 Senior High School.*

**Method:** *This research used case control design within 35 people as sample in every group. Screen time data were taken by The HELENA Study questionnaire, level of macro nutrient intake were taken with SQ-FFQ, and nutrition status were determined by IMT/U. The data analyzed by Independent-Samples T Test and Mann Whitney.*

**Result:** *There were differences on screen time exposure  $p=0,003$  and level of nutrition intake of protein  $p=0,005$ , fat  $p=0,014$  and carbohydrate  $p=0,000$  of the teenagers who were having normal, overweight and obesity nutritional status in Sokaraja 1 Senior High School.*

**Conclusion:** *There were differences on screen time exposure and macro-nutrient intake level of those teenagers who have normal, overweight and obesity nutrition status in Sokaraja 1 Senior High School.*

**Keywords:** *Macro-nutrient intake level, nutritional status, screen time*