

PROGRAM STUDI D-III KEPERAWATAN

STIKES PAYUNG NEGERI PEKANBARU

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Gambaran Perilaku Anak Tentang Kebiasaan Konsumsi *Fast food* di SDN 70 Pekanbaru

Xiii + 33 Halaman + 6 Tabel + 1 Gambar + 7 Lampiran

ABSTRAK

Mengonsumsi makanan *fast food* yang sering, menyebabkan terjadinya perubahan perilaku terkhusus pada usia anak-anak. Konsumsi *fast food* juga merupakan faktor risiko yang dapat dimodifikasi, sehingga disarankan selain membatasi anak konsumsi makanan *fast food* juga memberikan pengetahuan kepada anak akan bahaya mengonsumsi *fast food* yang berlebihan. Selain itu anak juga harus mengetahui jenis-jenis makanan apa saja yang termasuk kategori *fast food*. Tujuan penelitian ini adalah untuk mengetahui gambaran perilaku anak tentang kebiasaan konsumsi *fast food* di SDN 70 Pekanbaru. Penelitian ini bersifat kuantitatif. Penelitian ini dilakukan di wilayah SDN 70 Pekanbaru, penelitian ini berlangsung pada tanggal 6 juni sampai 7 juni 2023. Jumlah responden 70 orang. Desain penelitian yang digunakan adalah metode deskriptif. Analisa yang digunakan adalah analisis univariat. Hasil penelitian ini menyimpulkan bahwa gambaran perilaku anak tentang kebiasaan konsumsi *fast food* di SDN 70 Pekanbaru secara umum sampel memiliki tingkat pengetahuan yang cukup sebanyak sebanyak 29 responden (41,4%). Kemudian tingkat sikap yang buruk sebanyak 36 responden (51,4%) terkait *fast food*. Serta tingkat tindakan yang dilakukan yaitu sebanyak 39 responden (55,7%). Penelitian ini merekomendasikan agar guru atau pun petugas kesehatan untuk memberikan penyuluhan tentang *fast food* dan gizi seimbang serta memotivasi siswa yang pola konsumsi *fast food* nya berlebih agar mulai merubah pola konsumsi *fast food* nya serta bagi siswa yang pola konsumsi *fast food* nya sudah baik agar mempertahankan.

Kata Kunci : Anak usia sekolah, Perilaku, *Fast food*

Daftar Pustaka: 11 (2012-2021)

D-III NURSING STUDY PROGRAM

STIKES PAYUNG NEGERI PEKANBARU

Scientific Paper, July 2023

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Description of Children's Behavior About *Fast Food* Consumption Habits at SDN 70 Pekanbaru

xiii + 33 pages + 6 tables + 1 figure + 7 appendices

ABSTRACT

Consuming *fast food* often, causes behavioral changes, especially at the age of children. Fast food consumption is also a modifiable risk factor, so it is recommended that in addition to limiting children's consumption of fast food, it also provides knowledge to children about the dangers of consuming *excessive fast food*. In addition, children must also know what types of foods are included in the *fast food* category. The purpose of this study was to determine the picture of children's behavior about *fast food* consumption habits at SDN 70 Pekanbaru. This research is quantitative. This research was conducted in the SDN 70 Pekanbaru area, this research took place from June 6 to June 7, 2023. The number of respondents was 70 people. The research design used is a descriptive method. The analysis used is univariate analysis. The results of this study concluded that the description of children's behavior about *fast food* consumption habits at SDN 70 Pekanbaru in general the sample had a sufficient level of knowledge as many as 29 respondents (41.4%). Then the level of bad attitude as many as 36 respondents (51.4%) related to *fast food*. As well as the level of action taken, which was 39 respondents (55.7%). This study recommends that teachers or health workers provide education about fast food and balanced nutrition and motivate students whose fast food consumption patterns are excessive to start changing their fast food consumption patterns and for students whose *fast food* consumption patterns are good to maintain.

Keywords : School age children, Behavior, *Fast food*

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