

HUBUNGAN *EATING OUT* TERHADAP STATUS GIZI DAN KADAR HEMOGLOBIN PADA REMAJA DI SMK NEGERI 32 JAKARTA

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ABSTRAK: Fenomena *eating out* erat kaitannya dengan gaya hidup masyarakat kota contohnya pada kalangan remaja. Kegemaran remaja untuk melakukan *eating out* disebabkan karena faktor variasi dan cita rasa makanan yang disajikan. Hal ini merujuk kebiasaan remaja mengkonsumsi makanan tinggi kalori namun rendah nilai gizinya. Tujuan penelitian ini adalah untuk mengetahui hubungan *eating out* terhadap status gizi dan kadar hemoglobin pada remaja di SMKN 32 Jakarta. Penelitian ini merupakan penelitian observasional dengan desain penelitian *cross sectional*. Subjek penelitian ini adalah siswa siswi berusia 15-17 tahun. Teknik pengambilan sampel dilakukan secara *purposive sampling* berdasarkan kriteria inklusi dan eksklusi dengan jumlah sampel sebanyak 74 responden. Data asupan *eating out* diperoleh dari kuesioner *recall* 3x24 jam. Uji korelasi yang digunakan adalah uji *Spearman Rank*. Hasil dari penelitian ini, menunjukkan sebagian besar responden dengan kebiasaan *eating out* memiliki status gizi baik sebanyak 36 orang pada responden perempuan (81,8%) dan 8 responden laki-laki (18,2%) serta kadar Hb normal sebanyak 41 orang pada responden perempuan (82,0%) dan 9 responden laki-laki (18,0%). Namun, uji korelasi menunjukkan bahwa terdapat hubungan yang signifikan antara frekuensi *eating out*, sering *eating out* bersama dan tingkat kontribusi natrium saat *eating out* terhadap status gizi ($p < 0,05$).

Kata Kunci: *Eating out*, Kadar Hemoglobin, Remaja, Status Gizi

ABSTRACT: *The phenomenon of eating out is closely related to the lifestyle of urban communities, for example among adolescents. Adolescents penchant for eating out is due to the variety and taste of the food served. This refers to the habit of teenagers consuming foods high in calories but low in nutritional value. The purpose of this study was to determine the relationship between eating out and nutritional status and hemoglobin levels in adolescents at SMKN 32 Jakarta. This research is an observational study with a cross sectional research design. The subjects of this study were female students aged 15-17 years. The sampling technique was carried out by purposive sampling based on inclusion and exclusion criteria with a total sample of 74 respondents. Eating out intake data was obtained from a 3x24 hour recall questionnaire. The correlation test used is the Spearman Rank test. The results of this study showed that most of the respondents with eating out habits had good nutritional status, 36 female respondents (81.8%) and 8 male respondents (18.2%) and normal Hb levels of 41 people. female (82.0%) and 9 male respondents (18.0%). However, the correlation test showed that there was a significant relationship between the frequency of eating out, the frequency of eating out together and the level of contribution of sodium when eating out to nutritional status ($p < 0,05$).*

Keyword: *Adolescents, Eating out, Hemoglobin Levels, Nutritional Status*