The Amount of Consumption of Junk Food and Napping Habits As Risk Factors for Obesity Events in Institut Indonesia Senior High School of Semarang

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ABSTRACT

Obesity is a condition that is not balanced between calorie consumption and energy needs, namely consumption is too high compared to the need or energy consumption. One risk factor for obesity is junk food consumption. Short sleep habits cause an increase in energy intake and can cause obesity. The purpose of this study was to determine the amount of junk food consumption and napping habits as a risk factor for the incidence of obesity in Institut Indonesia Senior High School of Semarang students.

The type of this research is analytic research with a case control approach. Total of samples is 60 students, namely 30 obecity students as a case and 30 non-obecity students as controls taken by random sampling technique. Amount of data junk food consumed using the Semi Quantitative FFQ questionnaire and data on napping habits using a habitual napping questionnaire. Obesity is determined by BMI. Risk factor analysis by chi-square test and odds ratio value.

The results showed the incidence of obesity 34 students (6.5%). The average amount of junk food consumed by students of Institut Indonesia Senior High School of Semarang who were respondents was 122.487gram / day ± 74.59 and the average habit of napping students in Institut Indonesia Senior High School of Semarang who were respondents were 53.80 minutes / day ± SD 41,284. The results showed a correlation between the amount of junk food consumption and the incidence of obesity (p = 0.000) with a value of OR 12.50 and there was no relationship between napping habits and the incidence of obesity (p = 0.228). It can be concluded that the amount of junk food consumption by Institut Indonesia Senior High School of Semarang students is a risk factor for the incidence of obesity.

Keywords: Obesity, Junk Food Consumption, Napping Habits.