

**HUBUNGAN BESAR UANG SAKU  
DAN FREKUENSI KONSUMSI *WESTERN FAST FOOD* DENGAN  
STATUS GIZI SISWA**

*Studi Kasus Di Kelas X.13 SMAN 3 Kota Semarang*

**ARTIKEL PENELITIAN**

Disusun sebagai syarat menyelesaikan studi di Program Studi Ilmu Gizi  
Fakultas Kedokteran Universitas Diponegoro Semarang



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**PROGRAM STUDI ILMU GIZI  
FAKULTAS KEDOKTERAN UNIVERSITAS DIPONEGORO  
SEMARANG  
2007**

**Association Amount of Pocket Money and  
The Frequency of Western Fast Food Consumption With the Nutritional  
Status of Students (Case Study In X.13 Senior High School 3, Semarang)**

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**ABSTRACTS**

**Background:** The presence of western fast food in Indonesia may affect eating pattern of adolescents. Particularly the urban adolescents from the middle and upper class. Western fast food restaurants are the place of choice to relax. Western fast food contains fat, cholesterol, salt, and energy very high. Enjoyment at western fast food that contains unbalanced nutritional substance amongst the adolescents may cause pathological change. The purpose of this study is to find out the association between the amount of pocket money and frequency of western fast food consumption with the nutritional status of adolescents.

**Methods :** The study design was observational study with cross-sectional approach. There were 37 students of X.13 Senior High School Semarang took apart in this study. Sample were recruited with purposive sampling. Data collected were using questionnaire filling and anthropometric measurement. The statistical analysis used was correlation test of Product moment from Karl Pearson.

**Results:** The mean value for the amount of pocket money is Rp. 285.000  $\pm$ 121.400, frequency of western fast food consumption is 3,22 $\pm$ 3,21 and body mass index is 20,85 kg/m<sup>2</sup> $\pm$ 4,86. The status of 21,6% of the sample are at risk of underweight, 62,2% are at normal nutritional status, 5,4% are at risk of overweight, and 10,8% are overweight. Amount of pocket money for buying food is 37,49% from amount of pocket money, the amount of pocket money for western fast food is 6,52% from amount of pocket money for buying food, and mean value for energy contribution from western fast food is 38,9 Calories $\pm$ 24,98. Amount of pocket money was not associate with frequency of western fast food consumption. Frequency of western fast food consumption was also not correlate with nutritional status. The energy contribution from western fast food consumption is associated significantly with the nutritional status of adolescents.

**Conclusion:** Bigger amount of pocket money was not associate with frequency of western fast food consumption. Higher frequency of western fast food consumption was also not correlate with nutritional status. The energy contribution from western fast food consumption is associated significantly with the nutritional status of adolescents.

**Keywords:** *pocket money, western fast food, nutritional status.*

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## Hubungan Besar Uang Saku dan Frekuensi Konsumsi *Western Fast Food* Dengan Status Gizi Siswa (Studi Kasus di kelas X.13 SMAN 3 Kota Semarang)

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Abstrak

**Latar Belakang :** Kehadiran *western fast food* di Indonesia dapat mempengaruhi pola makan kaum remaja. Khususnya remaja di kota tingkat menengah ke atas, restoran *western fast food* merupakan tempat yang tepat untuk bersantai. *Western fast food* mengandung lemak, kolesterol, garam, dan energi yang sangat tinggi. Kegemaran pada *western fast food* yang mengandung zat gizi yang tidak seimbang pada remaja dapat menyebabkan perubahan patologis yang terlalu dini. Penelitian ini bertujuan untuk mengetahui hubungan antara besar uang saku dengan frekuensi konsumsi *western fast food* dengan status gizi pada remaja.

**Metoda :** Penelitian ini adalah penelitian observasional dengan pendekatan *cross sectional* dengan jumlah sampel 37 siswa kelas X.13 SMAN 3 Semarang. Pengambilan sampel dilakukan dengan menggunakan metode *purposive sampling*. Data dikumpulkan dengan pengisian kuesioner dan pengukuran antropometri. Analisis statistik yang digunakan adalah uji korelasi *Product moment* dari *Karl Pearson*.

**Hasil :** Nilai rerata untuk besar uang saku Rp. 285.000 ±121.400 frekuensi konsumsi *western fast food* 3,22±3,21 dan indeks massa tubuh 20,85kg/m<sup>2</sup>±4,86. Sebanyak 21,6% sampel at risk of underweight, 62,2% berstatus gizi normal, 5,4 % *at risk of overweight*, dan 10,8 % *overweight*. Besar uang saku untuk jajan 37,49% dari besar uang saku, besar uang saku untuk *western fast food* 6,52% dari uang untuk jajan dan sumbangan energi dari *western fast food* 38,9 Kalori±24,89. Tidak ada hubungan antara besar uang saku dengan frekuensi konsumsi *western fast food* pada remaja. Tidak ada hubungan antara frekuensi konsumsi *western fast food* dengan status gizi pada remaja. Sumbangan energi dari konsumsi *western fast food* berhubungan secara signifikan dengan status gizi pada remaja.

**Simpulan :** Semakin besar uang saku tidak berhubungan dengan frekuensi konsumsi *western fast food*. Semakin tinggi frekuensi konsumsi *western fast food* tidak berhubungan dengan status gizi. Sumbangan energi dari konsumsi *western fast food* berhubungan secara signifikan dengan status gizi pada remaja.

Kata kunci : uang saku, *western fast food*, status gizi

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