

The Relationship of Fast Food Consumption Preference with Macro and Micro Nutrient Adequacy Students of SMP Negeri 5 Padang

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Abstract : This study aims to determine the relationship of fast food consumption preferences with macro and micro nutrient adequacy students of SMP Negeri 5 Padang. This study used a cross sectional study conducted on 100 students of SMP Negeri 5 Padang. The variables studied were fast food preferences, nutrition adequacy macronutrients (carbohydrate, protein, fat, fiber) and micro nutrients (sodium, calcium, iron). Confounding factor in this study was the physical activity level because it was considered quite affecting food consumption of students. Data collected by using a questionnaire food recall as many as 2 x 24 hours to see the history of the respondents eat at school day and on holidays. Then, data processed using software Nutrisurvey and Microsoft Excel 2010. The analysis was performed on samples that have low and medium category on physical activity. The physical activity was not analyzed with another variable to see the strength of the relationship between independent and dependent variables. So that, do restrictions on physical activity variables in an attempt to get rid of confounding in design. Univariate and bivariate analyzes performed using SPSS 16.0 for Windows with Kolmogrov-Smirnov statistical tests, confidence level = 95% ($\alpha = 0,05$). Results of univariate analysis showed that more than 70% of respondents liked fast food. On average, respondents were malnourished macro; malnourished fiber (100%), carbohydrates (72%), and protein (56%), whereas for fat, excess intake of the respondents (41%). Furthermore, many respondents who have micronutrient deficiencies; 98% for sodium, 96% for iron, and 91% for calcium. The results of the bivariate analysis showed no significant association between fast food consumption preferences with macro and micro nutrient adequacy ($p > 0,05$). This happens because in the fact not all students who have a preference for fast food actually eat them. To study better in the future, it is expected sampling really like and eat fast food in order to obtain better analysis results.

Keywords : fast food, nutritional adequacy, preferences, students

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