

HUBUNGAN PENGETAHUAN DAN JENIS KELAMIN TERHADAP FREKUENSI KONSUMSI GULA, GARAM DAN LEMAK DI SMK HARAPAN BANGSA DEPOK 2024

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ABSTRAK

Latar belakang: Penyakit tidak menular (PTM) telah menjadi salah satu penyebab utama kematian di dunia. Tanpa disadari, PTM menyumbang banyak angka kematian, dan prevalensinya terus meningkat salah satu penyebabnya adalah makanan sehari-hari yang kita konsumsi mengandung tinggi kalori terutama dari makanan ringan dan makanan cepat saji yang tinggi gula, garam dan lemak. **Tujuan:** penelitian ini bertujuan mengetahui hubungan pengetahuan dan jenis kelamin terhadap frekuensi gula, garam dan lemak di SMK Harapan Bangsa Depok 2024. **Metode:** Penelitian ini merupakan penelitian kuantitatif dengan menggunakan desain studi *cross sectional*. Populasi sebanyak 104 remaja kelas XI jurusan tkj dan farmasi SMK harapan bangsa depok. Sampel penelitian ini berjumlah 104 remaja diambil menggunakan *total sampling*. Instrumen yang digunakan yaitu form semi *kuantitatif food frequency questionnaire* dengan menggunakan analisis univariat dan bivariat yaitu *chi-square*. **Hasil:** Hasil analisis univariat menunjukkan bahwa frekuensi konsumsi gula, garam dan lemak sebesar 51,0%. Terdapat hubungan yang signifikan antara pengetahuan gizi dengan frekuensi gula, garam dan lemak ($p\text{ value} = 0,034$), namun tidak terdapat hubungan yang signifikan antara jenis kelamin dengan frekuensi gula, garam, lemak ($p\text{ value} = 1,000$). **Saran:** Pihak sekolah bekerja sama dengan institusi kesehatan terdekat untuk mengadakan penyuluhan kesehatan pada siswa/i khususnya tentang nasihat konsumsi gula, garam dan lemak sesuai pedoman yang ditetapkan oleh Kementerian Kesehatan Indonesia dan berbagai organisasi kesehatan global.

Kata kunci: Pengetahuan Gizi, Frekuensi gula, garam dan lemak.

**THE RELATIONSHIP BETWEEN KNOWLEDGE AND GENDER
TOWARDS THE FREQUENCY OF SUGAR, SALT AND FAT
CONSUMPTION AT SMK HARAPAN BANGSA DEPOK 2024**

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ABSTRACT

Background: Non-communicable diseases (NCDs) have become one of the leading causes of death in the world. Unwittingly, NCDs contribute to many deaths, and their prevalence continues to increase, one of the causes is that the daily food we consume contains high calories, especially from snacks and fast foods that are high in sugar, salt and fat. **Objective:** This study aims to determine the relationship between knowledge and gender on the frequency of sugar, salt and fat at SMK Harapan Bangsa Depok 2024. **Method:** This study is a quantitative study using a cross-sectional study design. The population was 104 adolescents in grade XI majoring in computer engineering and pharmacy at SMK Harapan Bangsa Depok. The sample of this study was 104 adolescents taken using total sampling. The instrument used was a semi-quantitative food frequency questionnaire form using univariate and bivariate analysis, namely chi-square. **Results:** The results of the univariate analysis showed that the frequency of sugar, salt and fat consumption was 51.0%. There is a significant relationship between nutritional knowledge and the frequency of sugar, salt and fat (p value = 0.034), but there is no significant relationship between gender and the frequency of sugar, salt, fat (p value = 1.000). **Suggestion:** The school cooperates with the nearest health institution to conduct health education for students, especially about advice on sugar, salt and fat consumption according to the guidelines set by the Indonesian Ministry of Health and various global health organizations.

Keywords : *Nutritional knowledge, frequency of sugar, salt and fat*