

ABSTRAK

Latarbelakang : Permasalahan obesitas telah menjadi masalah gizi di seluruh dunia dan prevalensinya terus meningkat pada negara sudah maju maupun di negara sedang berkembang. Perilaku makan remaja yang buruk dapat mempengaruhi kesehatan pada remaja dan menimbulkan masalah gizi seperti kurang gizi dan makan berlebihan.

Tujuan : Untuk mengetahui hubungan perilaku makan terhadap indeks massa tubuh (IMT) pada siswa/i di SMK Negeri 7 Medan Sumatera Utara.

Metode : penelitian metode analitik observasional dengan memakai desain *Cross Sectional*. Memakai metode *Purposive Sampling* sesuai berdasarkan kriteria inklusi dengan besar sampel sebanyak 88 subjek.

Hasil : Berdasarkan hasil pada uji *Spearman* didapati *p value* = **0,003** ($p \leq 0,05$) dengan Nilai korelasi Spearman = -0,317.

Kesimpulan : Adanya hubungan perilaku makan terhadap indeks massa tubuh (IMT) pada siswa/i di SMK Negeri 7 Medan Sumatera Utara.

Kata kunci : Perilaku Makan, Indeks Massa Tubuh (IMT), Obesitas

ABSTRACT

Introduction : Obesity has become a worldwide nutritional problem and its prevalence continues to increase in both developed and developing countries. Appropriate eating behaviour of adolescents can affect their health and lead to nutritional problems such as undernutrition and overweight.

Objective : To determine the relationship between eating behavior and body mass index (BMI) in students at SMK Negeri 7 Medan, North Sumatera.

Method : Observational analytic studies with Cross Sectional design. Using purposive sampling method in accordance with the inclusion criteria with a total sample size of 88 participants.

Results : Based on the results of the Spearman test, it was determined that the p value = 0.003 ($p \leq 0.05$) with a Spearman correlation value = -0.317.

Conclusion : There was a relationship between eating behavior and body mass index (BMI) in students at SMK Negeri 7 Medan, North Sumatera.

Keywords: Eating Behavior and Body Mass Index (BMI), Obesity