

# Hubungan Antara Pengetahuan dan Konsumsi Makanan dan Minuman Instant Dengan Status Gizi Remaja Putri

Badraningsih Lastariwati, Nani Ratnaningsih

Jurusan Pendidikan Teknik Boga dan Busana, Fakultas Teknik

Universitas Negeri Yogyakarta

## ABSTRACT

**Background.** Development of science and technology in food industry result in new products such as instant food. Instant food are food and drink which have been cooked or semi cooked and then processed to be ready to eat. Consumption of instant food can affect nutrition status especially in adolescent. Consumption behavior of instant food have been affected by intrinsic factors such as, sex, and religion and extrinsic factors such as knowledge, economic level, experiences, advertisement, home environment and social culture.

**Objective.** The objective of research is to study relationship between knowledge level and consumption of instant food and drink with nutrition status of female adolescents.

**Methods.** Research sample is fifty female adolescents in rooming house at Sagan VILAGE Caturtunggal Depok Sleman Yogyakarta. Research instrument are close questionnaire about knowledge of instant food, seven day food recall, food consumption frequencies of instant food, and measurement of nutrition status with anthropometry guided by NCHS. Knowledge of respondent is scored 1 (if right) and 0 (if Wrong). Consumption frequencies of instant food are scored by Suhardjo Method. Correlation product moment is used to analyze relationship between knowledge level and consumption of instant food and nutrition status of respondent.

Data are descriptively analyzed.

**Results and conclusion.** Knowledge levels on instant food of female adolescents were categorized :22% high, 50% intermediate, and 28% low. Mie instant and coffee instant are most consumed compared with other instant food. Nutrition status of female adolescent was categorized 74% normal, 22% under weight, 4% over weight and none categorized obese. Knowledge level and consumption of instant food have positive and significant relationship with nutrition status of female adolescent. Some factors that affect female adolescent consumption of instant food are knowledge level, economic level, consumption reason, and information of instant food.

**Keywords :** instant food, nutrition status, female adolescent

(Dimuat di BKM (Berita Kedokteran Masyarakat), vol.22, no.1, Maret 2006, ISSN 0215-1936, Terakreditasi Ditjen Dikti no:015/D3.5/U/2004)