

ABSTRACT

The number of internet users in Indonesia is increasing from time to time. Some studies found that there is an association between internet access habits with nutritional status. This study was aimed to identify the association between internet access habits and the nutritional status among adolescents (11 – 19 y.o.). This analytical observational cross-sectional study was done in several schools in West Jakarta by using questionnaires, measuring weight and height. *Consecutive non-random* sampling was chosen. This study results were then analyzed by using *Chi-Square Test* and *Fisher's Exact Test*. There were 318 subjects consisting of 181 males (56,9%) and 137 females (43,1%) with the mean of age was $15,19 \pm 1,60$ y.o. As much as 124 subjects (42,9%) with high internet access level and 13 subjects (44,8%) with low internet access level had abnormal nutritional status (obesity, overweight, overweigh risk, wasted, and severely wasted). Internet access habits was not statistically ($p\text{-value} = 0,842$) and epidemiologically ($PR = 0,957$) associated with nutritional status among school-aged adolescents (11 – 19 y.o.) in several schools in West Jakarta on January – December 2014 period. Advice from researcher for the next study is to assess other factors that affect nutritional status (dietary pattern, calorie intake, type of food or beverage consumed during accessing the internet, and subject's physical condition).

Key Words: Internet Access Habits, Nutritional Status, Adolescents (11 – 19 y.o.)

ABSTRAK

Jumlah pengguna internet di Indonesia semakin meningkat dari waktu ke waktu. Sejumlah penelitian menunjukkan adanya hubungan antara kebiasaan akses internet dengan status gizi. Penelitian ini bertujuan untuk mengetahui hubungan antara kebiasaan akses internet remaja (11 – 19 tahun) dengan status gizinya. Penelitian analitik observasional potong lintang ini dilakukan di beberapa sekolah di Jakarta Barat dengan menggunakan kuesioner, pengukuran berat dan tinggi badan. Pengambilan sampel dilakukan secara *consecutive non-random*. Hasil penelitian dianalisis dengan uji *Chi-Square* dan *Fisher's Exact*. Didapatkan 318 responden yang terdiri dari 181 laki-laki (56,9%) dan 137 perempuan (43,1%) dengan rerata usia $15,19 \pm 1,60$ tahun. Sebanyak 124 responden (42,9%) dengan tingkat akses internet tinggi dan 13 responden (44,8%) dengan tingkat akses internet rendah memiliki status gizi tidak normal (*obesity, overweight, risiko overweight, wasted, dan severely wasted*). Tidak didapatkan hubungan bermakna secara statistik ($p\text{-value} = 0,842$) dan epidemiologik ($PR = 0,957$) antara kebiasaan akses internet dengan status gizi pada remaja (11 – 19 tahun) usia sekolah di beberapa sekolah di Jakarta Barat periode Januari – Desember 2014. Saran dari peneliti adalah sebaiknya dikaji juga faktor-faktor lain yang mempengaruhi status gizi (pola makan, jumlah asupan kalori, jenis makanan atau minuman yang dikonsumsi selama mengakses internet, genetik dan kondisi fisik responden).

Kata – kata Kunci: Kebiasaan Akses Internet, Status Gizi, Remaja (11 – 19 Tahun)