Dewi Wahyu Puji Hastuti
NIM C2015023
Undergraduate Program of Nursing

Counsellor

- 1. Mursudarinah, S.KM., M.Kes
- 2. Norman W. Gati, M.Kep., Sp.Kep.J

FACTORS THAT AFFECT THE HABITS OF ADOLESCENTS CONSUME JUNK FOOD AT SMPNEGERI 2 MOJOSONGO BOYOLALI

ABSTRACT

Introduction: Junk food is all food consumed that does not provide benefits and even detrimental to health, can food that is actually healthy but consumed in excess. Some factors that influence the habits of adolescents consuming junk food are lifestyle, income of parents, peers, mass media. Objective: Describe the factors that influence the habits of adolescents consuming junk food at SMP Negeri 2 Mojosongo Boyolali. Methods: The type of research used is quantitative with descriptive survey research method. This research was conducted at SMP Negeri 2 Mojosongo Boyolali in July with the number of samples 80, measurement using a questionnaire. Results: The female gender 59 respondents (73.8%), male respondents 21 respondents (26.2%), good knowledge 65 respondents (81.2%), influenced by mass media 53 respondents (66.2%), unaffected by mass media 27 respondents (33.8%), unaffected by peers 54 respondents (67.5%), affected by peers 26 respondents (32.5%). Conclusion: Gender, knowledge, mass media are the factors that influence adolescent habits to consume junk food while peers do not affect the habit of consuming junk food.

Keywords: factors, teenage habits, junk food