

## Ultra-Processed Food Consumption and Diet Quality Among Junior High School Students In Rural And Urban

Ahda Fauziyah Yasyfa<sup>1</sup>, Etika Ratna Noer<sup>1</sup>, Hartanti Sandi Wijayanti<sup>1</sup>, Ani Margawati<sup>1</sup>

### ABSTRAK

**Latar belakang :** *Ultra-Processed Foods* (UPF) merupakan kelompok makanan pengolahan bertingkat yang diformulasi zat aditif. UPF dapat mempengaruhi kualitas diet karena bersifat tinggi gula, natrium, lemak tetapi rendah serat, protein, vitamin, dan mineral. Remaja merupakan salah satu kelompok usia yang sering mengonsumsi UPF. Konsumsi UPF yang tinggi bergantung pada tempat tinggal, tingkat pendidikan, dan uang saku.

**Tujuan :** Penelitian bertujuan untuk mengetahui hubungan konsumsi UPF dan kualitas diet pada remaja dengan mempertimbangkan sosiodemografi.

**Metode :** Desain penelitian adalah *cross sectional* dengan teknik *proportionate stratified random sampling*. Subjek penelitian adalah remaja usia 12-16 tahun di SMP desa dan kota Kabupaten Bogor. Pengambilan data sosiodemografi dilakukan dengan wawancara dan data asupan makanan menggunakan metode *Semi Quantitative-Food Frequency Questionnaire* (SQ-FFQ). Penilaian kualitas diet menggunakan *Diet Quality Index-International* (DQI-I). Analisis data menggunakan *Chi Square*, *Mann Whitney*, *Spearman's*, dan regresi logistik berganda.

**Hasil :** Konsumsi UPF berkontribusi 39,3% dan 39,5% terhadap energi harian remaja kota dan desa. Uang saku berbanding lurus dengan konsumsi UPF ( $p < 0,05$ ). Terdapat hubungan yang signifikan ( $p < 0,05$ ) dan berbanding lurus pada energi konsumsi UPF dengan skor kecukupan kualitas diet serta berbanding terbalik dengan skor moderasi.

**Simpulan :** Energi konsumsi UPF memiliki perbedaan berdasarkan uang saku. UPF berhubungan signifikan dengan skor kecukupan dan skor moderasi kualitas diet.

**Kata kunci :** *Ultra-Processed Food*, kualitas diet, desa dan kota, remaja

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### ABSTRACT

**Background :** *Ultra-Processed Foods* (UPF) are highly processed foods with additives that can affect diet quality due to their high sugar, sodium, and fat, but low fiber, protein, vitamins, and minerals. Adolescents commonly consume these foods, depending on their location and level of education.

**Objective :** This research aims to determine the relationship between UPF consumption and diet quality in adolescents depends on sociodemographic.

**Methods :** The study utilized proportional stratified random sampling with a cross-sectional design. The study subjects are adolescents aged 12-16 years in junior high schools in rural and urban areas of Bogor Regency. Sociodemographic data were collected through interviews and food intake were collected with Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ) method. Diet quality was assessed using Diet Quality Index-International (DQI-I). Data analysis used Chi Square, Mann Whitney, Spearman's, and multiple logistic regression.

**Results :** UPF consumption contributes to 39.3% and 39.5% of daily energy intake for urban and rural. Pocket money is positively associated to UPF consumption ( $p < 0.05$ ). There is a positive relationship ( $p < 0.05$ ) in energy intake from UPF with the adequacy score and a negative relationship with the moderation.

**Conclusion :** Energy intake from UPF varies based on pocket money and is significantly associated with the adequacy and moderation score of diet quality.

**Keyword :** Ultra-Processed Food, diet quality, urban and rural, adolescents

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