

## Akses Pangan berhubungan dengan Konsumsi Makanan *Energy-Dense Nutrient-Poor* (EDNP) pada Remaja Putri

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### ABSTRAK

**Latar Belakang:** Makanan *Energy-Dense Nutrient-Poor* (EDNP) adalah kelompok makanan tidak sehat yang mudah dijangkau oleh remaja dan salah satu faktor penyebab obesitas. Berbagai faktor dapat mempengaruhi jumlah konsumsi makanan EDNP.

**Tujuan:** untuk menganalisis faktor-faktor yang berhubungan dengan konsumsi makanan EDNP pada remaja putri di SMA Swasta Cahaya Medan.

**Metode:** Desain penelitian *cross-sectional* dengan subjek 85 siswi usia 15-18 tahun dipilih menggunakan teknik *simple random sampling*. Data yang diambil adalah karakteristik subjek, persentase asupan energi makanan EDNP, efek paparan media sosial, frekuensi dan durasi paparan konten makanan dan minuman, akses pangan EDNP, pengetahuan gizi, pengaruh teman sebaya, dan uang saku. Analisis data menggunakan uji normalitas *Kolmogorov Smirnov* dan uji korelasi *Spearman*.

**Hasil:** Efek paparan media sosial ( $p=0,683$ ), pengaruh teman sebaya ( $p=0,188$ ), alokasi uang saku untuk konsumsi ( $p=0,070$ ), dan pengetahuan gizi ( $p=0,267$ ) tidak berhubungan dengan total frekuensi konsumsi makanan EDNP. Akses pangan EDNP berhubungan dengan total frekuensi konsumsi makanan EDNP. Akses pangan EDNP membeli di warung makan, toko, restoran, dan *takeaway* memiliki nilai korelasi yang kuat ( $r=0,778$ ).

**Simpulan:** Akses pangan EDNP berhubungan dengan total frekuensi konsumsi makanan EDNP.

**Kata Kunci:** Konsumsi EDNP, efek paparan media sosial, teman sebaya, uang saku, pengetahuan gizi, akses pangan EDNP

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## **Food Access related to Consumption of Energy-Dense Nutrient-Poor (EDNP) Foods in Female Adolescents**

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### **ABSTRACT**

**Background :** Energy-Dense Nutrient-Poor (EDNP) food is a group of unhealthy foods that is popular among teenagers and is one of the causal factor of obesity. The amount of EDNP food consumed can be influenced by various factors.

**Objective:** to analyze the factors associated with EDNP food consumption in female adolescents at Cahaya Senior High School in Medan.

**Method:** The research design was cross-sectional, with 85 female students aged 15–18 years as subjects selected using a simple random sampling technique. The data collected included subject characteristics, percentage of EDNP food energy intake, effects of social media exposure, frequency and duration of exposure to food and beverage content, access to EDNP food, knowledge of nutrition, peer influence, and pocket money. Data analysis used Kolmogorov Smirnov normality test and Spearman correlation test.

**Result :** Effects of social media exposure ( $p=0.683$ ), peer influence ( $p=0.188$ ), allocation of pocket money for consumption ( $p=0.070$ ), and knowledge of nutrition ( $p=0.267$ ) were not related to the total frequency of EDNP food consumption. EDNP food access is related to the total frequency of EDNP food consumption. Access to food EDNP buying at food stalls, shops, restaurants, and takeaway had strong correlation value ( $r=0.778$ ).

**Conclusion:** Access to EDNP food was related to the total frequency of EDNP food consumption.

**Keywords :** EDNP consumption, social media, peers, pocket money, nutrition knowledge, access to EDNP food

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