

## OVERVIEW OF ADOLESCENT SNACK-EATING HABITS DURING A PANDEMIC

Anggita Hashifa Rusydina <sup>1</sup>, Tri Siswati <sup>2</sup>, Susilo Wirawan <sup>3</sup>

<sup>1,2,3</sup> Department of Nutrition Poltekkes Ministry of Health Yogyakarta, Jl. Earth  
System No. 3 Banyuraden, Gamping, Sleman, Yogyakarta 55293, (0274)  
6167601

Email : [rusydinaanggita@gmail.com](mailto:rusydinaanggita@gmail.com)

### ABSTRACT

**Background :** The Covid-19 pandemic has changed daily habits, one of which is the habit of eating snacks. Snacks among teenagers are always getting more attention . The selection of snacks is based on the socio-cultural background and is influenced by several factors such as knowledge, attitudes, and habits.

**Objective :** To find out changes in adolescent snack eating habits before and during the pandemic.

**Methods :** This research is a descriptive research with a *cross sectional design* . The research was carried out in December 2021 – February 2022 online using *google form* . Sampling using the *Lemeshow formula* and obtained a sample of 384 adolescents aged 18-21 years.

**Results :** Most of the adolescents had a good level of knowledge (53,1%) and for attitudes in the good category (60,2%). The habit of eating snack before the pandemic, the results were not good (41,9%) while the habit of eating snacks during the pandemic got good results (60,2%).

**Conclusion :** There was a change in eating habits of snacks before and during the pandemic, most of which reduces the frequency of street snacks and more often cooked at home.

**Keywords :** Knowledge Level, Attitude, Habit, Teenagers, Snacks, Covid-19 Pandemic.

# TINJAUAN KEBIASAAN MAKAN JAJANAN REMAJA DI MASA PANDEMI

Anggita Hashifa Rusydina<sup>1</sup>, Tri Siswati<sup>2</sup>, Susilo Wirawan<sup>3</sup>  
<sup>1,2,3</sup>Jurusan Gizi Poltekkes Kemenkes Yogyakarta, Jl. Tata Bumi No. 3  
Banyuraden, Gamping, Sleman, Yogyakarta 55293, (0274) 6167601  
Email : [rusydinaanggita@gmail.com](mailto:rusydinaanggita@gmail.com)

## ABSTRAK

**Latar Belakang :** Pandemi Covid-19 telah merubah kebiasaan sehari-hari salah satunya yaitu kebiasaan makan jajan. Jajanan di kalangan remaja memang selalu mendapatkan perhatian lebih. Dalam pemilihan makan jajanan didasari pada latar belakang sosial budaya dan dipengaruhi oleh beberapa faktor seperti pengetahuan, sikap, dan kebiasaan.

**Tujuan :** Mengetahui perubahan kebiasaan makan jajanan remaja sebelum dan selama masa pandemi.

**Metode :** Penelitian ini merupakan penelitian Deskriptif dengan desain *Cross Sectional*. Penelitian dilaksanakan pada Bulan Desember 2021 – Februari 2022 secara daring menggunakan *google form*. Pengambilan sampel menggunakan rumus *Lemeshow* dan diperoleh sampel sebanyak 384 remaja dengan usia 18 – 21 tahun.

**Hasil :** Sebagian besar remaja memiliki tingkat pengetahuan yang baik (53,1%) dan untuk sikap dalam kategori baik (60,2%). Pada kebiasaan makan jajanan sebelum pandemi didapat hasil kurang baik (41,9%) sedangkan kebiasaan makan jajanan selama pandemi didapat hasil baik (60,2%).

**Kesimpulan :** Terdapat perubahan kebiasaan makan jajanan sebelum dan selama pandemi yang sebagian besar mengurangi frekuensi jajanan kaki lima dan lebih sering memasak di rumah.

**Kata Kunci :** Tingkat Pengetahuan, Sikap, Kebiasaan, Remaja, Jajanan, Pandemi Covid-19.