

ABSTRACT

THE RELATIONSHIP BETWEEN JUNK FOOD CONSUMPTION AND DEPRESSION RATES IN ADOLESCENTS IN ARGOSARI VILLAGE

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ABSTRACT

Background: Depression is a mental disorder that is often experienced by some adolescents as a result of psychosocial pressure and an unhealthy lifestyle. Consuming junk food excessively has the potential to affect mental health, including triggering symptoms of depression.

Objective: The study was to determine the correlation between junk food consumption and depression levels in adolescents in Argosari Village, Kapanewon Sedayu, Bantul Regency.

Methods: This study is a correlational analysis research with a cross sectional approach. The total sample was 64 adolescents who were selected using the purposive sampling technique. The instruments used in this study were the Food Frequency Questionnaire (FFQ) to measure junk food consumption and the Beck Depression Inventory II (BDI-II) to measure the level of depression. The data was analyzed using the Chi-Square test.

Results: The results showed that most of the respondents had junk food consumption in the category quite frequently, as well as levels of depression in the minimal and mild category. The results of the Chi-square test showed that there was a significant correlation between junk food consumption and depression levels in adolescents ($p = 0.042$).

Conclusion: The higher the consumption of junk food, the higher the level of depression experienced by adolescents. It is hoped that the results of this study can be the basis for efforts to promote adolescent nutritional health at the community level and increase awareness of the importance of balanced eating in maintaining mental health.

Keywords: Adolescents, depression level, junk food consumption.

ABSTRAK

HUBUNGAN KONSUMSI MAKANAN *JUNK FOOD* DAN TINGKAT DEPRESI PADA REMAJA DI KALURAHAN ARGOSARI

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ABSTRAK

Latar Belakang: Depresi merupakan gangguan mental yang sering dialami oleh sebagian remaja akibat dari tekanan psikososial dan gaya hidup yang tidak sehat. Mengonsumsi makanan *junk food* secara berlebihan berpotensi mempengaruhi kesehatan mental, termasuk memicu gejala depresi.

Tujuan: Penelitian untuk mengetahui hubungan antara konsumsi makanan *junk food* dan tingkat depresi pada remaja di Kalurahan Argosari, Kapanewon Sedayu, Kabupaten Bantul.

Metode: Penelitian ini adalah penelitian analisis korelasional dengan pendekatan *cross sectional*. Jumlah sampel sebanyak 64 remaja yang dipilih menggunakan teknik *purposive sampling*. Instrumen yang digunakan dalam penelitian ini adalah *Food Frequency Questionnaire* (FFQ) untuk mengukur konsumsi *junk food* dan *Beck Depression Inventory II* (BDI-II) untuk mengukur tingkat depresi. Data dianalisis menggunakan uji *Chi-Square*.

Hasil: Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki konsumsi makanan *junk food* dalam kategori cukup sering, serta tingkat depresi dalam kategori minimal dan ringan. Hasil uji *Chi-square* menunjukkan terdapat hubungan yang signifikan antara konsumsi makanan *junk food* dan tingkat depresi pada remaja ($p = 0,042$).

Kesimpulan: Semakin tinggi konsumsi makanan *junk food*, maka semakin tinggi pula tingkat depresi yang dialami oleh remaja. Diharapkan hasil penelitian ini dapat menjadi dasar dalam upaya promosi kesehatan gizi remaja di tingkat komunitas serta meningkatkan kesadaran pentingnya makan seimbang dalam menjaga kesehatan mental.

Kata Kunci: Remaja, tingkat depresi, konsumsi *junk food*.