

**THESIS**

**DIFFERENCES IN NUTRITIONAL STATUS, JUNK FOOD  
CONSUMPTION HABITS, BODY IMAGE,  
AND SCREEN TIME AMONG ADOLESCENT GIRLS  
IN URBAN AND RURAL AREAS**



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**PONOROGO**

**2025**

## APPROVAL SHEET

### THESIS DEFENCE

It is hereby stated that the thesis with the title :

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CONSUMPTION HABITS, BODY IMAGE, AND SCREEN TIME AMONG  
ADOLESCENT GIRLS IN URBAN AND RURAL AREAS**

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It has been reviewed recommended to meet scientific standards, in terms of both  
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It has been approved to presented on: 26<sup>th</sup> February 2025

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## VALIDITY SHEET

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## **ABSTRACT**

### **DIFFERENCES IN NUTRITIONAL STATUS, JUNK FOOD CONSUMPTION HABITS, BODY IMAGE, AND SCREEN TIME AMONG ADOLESCENT GIRLS IN URBAN AND RURAL AREAS**

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Common issues among adolescents are nutritional status, junk food consumption habits, body image, and screen time. One of the factors influencing adolescents' nutritional issues is their place of residence, whether in urban or rural areas. This study used observational research with a cross-sectional design. The sampling technique used purposive sampling. The total sample consists of 86 respondents in the urban and rural groups. The inclusion criteria are adolescents aged 13-15 years, not on a diet, and willing to be respondents. Exclusion criteria were students who were not present during the study. Nutritional status data were obtained through weight and height measurements, junk food consumption habits were assessed using the Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ), body image was measured using the Figure Rating Scale (FRS), and screen time was evaluated using the Questionnaire for Screen Time of Adolescents (QueST). Data were analyzed using the Chi-Square statistical test with a p-value  $<0.05$ . The results showed differences in nutritional status ( $p<0.05$ ) and body image ( $p<0.05$ ) in adolescent girls in urban and rural areas. There is no difference in junk food consumption habits (frequency) ( $p>0.05$ ) and (amount) ( $p>0.05$ ), screen time ( $p>0.05$ ) among adolescent girls in urban and rural areas. This study can conclude that there are differences in nutritional status and body image, and there are no differences in junk food consumption habits and screen time among adolescent girls in urban and rural areas.

**Keywords:** Body image, junk food, nutritional status, rural, screen time, urban

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## ABSTRAK

### PERBEDAAN STATUS GIZI, KEBIASAAN KONSUMSI *JUNK FOOD*, *BODY IMAGE*, DAN *SCREEN TIME* PADA REMAJA PUTRI DI WILAYAH URBAN DAN RURAL

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Masalah yang sering terjadi pada remaja yaitu status gizi yang buruk, kebiasaan konsumsi *junk food* yang berlebihan, *body image* negatif dan *screen time* yang berlebih. Salah satu faktor yang dapat mempengaruhi masalah gizi remaja yaitu wilayah tempat tinggal urban dan rural. Penelitian ini menggunakan jenis penelitian observasional dengan desain *cross sectional*. Teknik pengambilan sampel menggunakan *purposive sampling*. Jumlah sampel sebanyak 86 responden pada kelompok urban dan rural. Kriteria inklusi yaitu remaja usia 13-15 tahun, tidak sedang menjalankan diet, dan bersedia menjadi responden. Kriteria eksklusi yaitu siswi yang tidak hadir pada saat penelitian. Data status gizi diperoleh dengan pengukuran berat badan dan tinggi badan, kebiasaan konsumsi *junk food* dengan pengisian *Semi Quantitative Food Frequency Questionery* (SQ FFQ), *body image* dengan pengisian *Figure Rating Scale* (FRS), *screen time* dengan pengisian *Questionnaire for Screen Time of Adolescent* (QueST). Analisis data menggunakan uji statistik *Chi Square* dengan nilai *p-value*  $<0.05$ . Hasil menunjukkan terdapat perbedaan status gizi ( $p<0.05$ ), *body image* ( $p<0.05$ ) pada remaja putri di wilayah urban dan rural. Tidak terdapat perbedaan kebiasaan konsumsi *junk food* (frekuensi) ( $p>0.05$ ) dan (jumlah) ( $p>0.05$ ), *screen time* ( $p>0.05$ ) pada remaja putri di wilayah urban dan rural. Penelitian ini dapat disimpulkan ada perbedaan status gizi dan *body image*, serta tidak ada perbedaan kebiasaan konsumsi *junk food* dan *screen time* pada remaja putri di wilayah urban dan rural.

**Kata kunci :** *Body image*, *junk food*, rural, status gizi, *screen time*, urban

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Ponorogo, 15 January 2025

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## STATEMENT OF RESEARCH AUTHENTICITY

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I sincerely declare that the research contained in this thesis is my own work and does not belong to anyone else. This thesis has never been published before, except for some parts with original references.

If in the future it is found that this work is plagiarism, I am ready to be given administrative and academic sanction.

Ponorogo, Maret 4<sup>th</sup> 2025

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