

ABSTRACT

Technology progress in information and food technology led to some communities, especially in urban lifestyle changes in the selection of foods that tend to like fast food which have less balanced nutritional content. Changes in lifestyles and consumption patterns of food with fat, sugar and high salt but poor fiber can lead to overweight and obesity. Research conducted at SMAN 9 Surabaya in August 2014, was aimed to analyze the relationship between social and environmental factors and western fast food consumption habit with nutritional status of adolescents.

This research was an observational analytic with cross-sectional design. Sample was 88 students of class X and XI of SMAN 9 Surabaya who were selected by simple random sampling technique. Spearman correlation test and chi square test were used to analyze the relationship between dependent and independent variables.

The results showed that social and environmental factors which significantly associated to western fast food habits were the availability of western fast food at home ($p=0,000$), family dining at western fast food restaurants ($p=0,000$), family habits on choosing western fast food restaurant for special occasions ($p=0,001$), distance between home and western fast food restaurant ($p=0,019$), interest to the western fast food advertisement ($p=0,000$), interest in buying western fast food that is being promoted ($p = 0,000$), frequency of socialization at western fast food restaurant ($p=0,000$), and peer group habit on choosing western fast food restaurant for special occasions ($p=0,001$). There was no significant association between western fast food consumption habit and nutritional status ($p=0,063$).

The results of this research recommended that adolescent need to be provided "spaces" to social interaction for more supportive of healthy eating behavior or suggest adolescent to replace western fast food with another food that contains more vegetables.

Keywords : western fast food, adolescent, social factors, environmental, nutritional status