

# RELATIONSHIP OF MOM'S KNOWLEDGE ON THE HAZARDS OF READY FOOD (*JUNK FOOD*) TO CHILDREN WHO EXPERIENCE OVERWEIGHT AT NEGERI SD 054903 UPL KEC. WAMPU KAB. LANGKAT

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## ABSTRACT

Researchers have conducted an initial survey of mothers whose children attend school at SD Negeri 054903 UPL Kec. Wampu Kab. Langkat with 8 mothers who were elementary school children, 4 of whom said their children often consumed fast food (junk food) and from the observations, 4 of these children experienced overweight or weight gain. The purpose of the study was to determine the relationship between mother's knowledge of the dangers of fast food (junk food) For Children Who Are Overweight at SD Negeri 054903 UPL Kec. Wampu Kab. Langkat Year 2020. The research method used is to use a cross-sectional analytical study design to determine the relationship between mother's knowledge of the dangers of fast food (junk food) In Children Who Are Overweight. The population taken in this study were mothers who have children who attend SD Negeri 054903 UPL Kec. Wampu Kab. Langkat as many as 120 people. The conclusion that can be drawn from this study is that the majority of mothers' knowledge is good as many as 23 respondents (76.7%) and the minority of mothers' knowledge is sufficient as many as 4 respondents (13.3%) and less by 3 respondents (10.0%). The majority of the majority of fast food is not consumed by 23 respondents (76.7%) and the minority is consumed by 7 respondents (23.3%). There is a Relationship between Mother's Knowledge of the Dangers of Junk Food for Overweight Children at SD Negeri 054903 UPL Kec. Wampu Kab. Langkat Year 2021 obtained p.value = 0.000 at df = 1 where sig < (0.000 < 0.05).

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## 1. Introduction

Advances in science and economics have created an environment with a sedentary lifestyle and a good diet that is high in calories and fat. Excess energy intake is stored in fat tissue, over time it will lead to overweight (Adisti, et al, 2018).

According to the World Health Organization (WHO), worldwide, the number of overweight and obesity has increased, more than 1.9 million adults are overweight and 650 million are obese. In some states, deaths from overweight and obesity are more common than deaths from malnutrition. In 2019, there were 38.2 million children under 5 years of age who were overweight and obese. This initially happened a lot in countries with good incomes such as in developed countries, but this problem has also increased in developing countries (WHO, 2018).

According to data that obtained through the National Health and Nutrition Examination Survey (NHANES) in 2018, estimates that at least 1 in 3 adults are overweight and the sex that suffers from excess weight is male (38.7%) compared to women (26.5%). The highest prevalence in the United

States with overweight problems in the group of male adolescents aged 10-19 years reaches 14.5% while in the female group it reaches 11.8% (Hawkes, 2018).

*Overweight* has become a global health problem in the world. Problem This health problem does not only occur in developed countries but also in developing countries develop. It is estimated that 10% of the world's school-age children have excess body fat, with an increased risk of developing disease chronic. Overweight and obesity are problems Health needs serious attention because it is the fifth leading cause of death in the world. No less than 2.8 million adults die every year due to overweight and obesity. The prevalence of overweight has increased sharply, including more than 200 million men and 300 million women in the world who are obese, while overweight children under five reach 40 million people (WHO, 2018).

Junk food is a term that describes unhealthy or has little nutritional content. Junk food contains calories, fat, protein, sugar and salt which are relatively high and low in fiber, if consumed continuously and excessively can lead to more nutritional problems. More nutrition occurs when there is an imbalance between energy consumption and energy expenditure. Changes in lifestyle habits as a result of improving the level of life and progress. The level of consumption of Junk food in today's teenagers classified as high, where the average teenager consumes junk food 3 to 4 times in a month (Widyastuti, D. A, 2018).

*Junk food* is a solid food that tastes good, but lacks nutrition. Junk food is only rich in calories, but small in protein, vitamins, and minerals. Where the types of food that are often consumed are fried chicken and french fries. Individuals and families have many reasons for looking for junk food, mainly because of the time and cost of fast food which is cheap, fast, easy to get, and delicious (Sharkey JR et al., 2018).

Ministry of National Development Planning (2017). In fact the food insecurity population map published by BPS still shows a very concerning situation. The number of people who are very food insecure with calorie intake of less than 1,400 kcal/person per day reached 14.47%, an increase compared to the condition in 2008 which was 11.07%. Currently, the world's nutritional situation shows two extreme conditions. Starting from hunger to eating patterns that follow a lifestyle that is low in fiber and high in calories, as well as thin and short conditions to obesity. The lack of public knowledge in this modern era turns out to make people too much eating junk food, even made it as his favorite food. Eating junk food is part of American culture and we find children today growing up from junk food such as candy, burgers, fries, and so on (Dian Ariska, 2018).

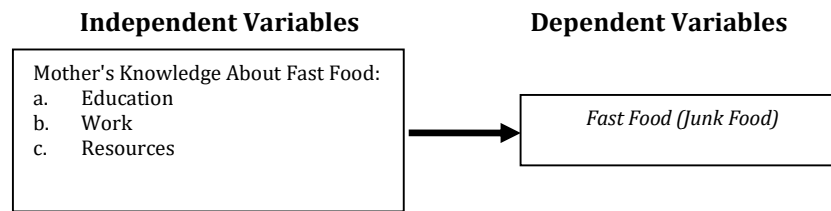
The results of research conducted by Annisa Nadia (2019) showed that based on the analysis of the relationship test used, the Spearman Rank test was used. The level of nutritional knowledge in the good category is 79.7%, and the frequency of consumption of fast food is rarely (score >38) by 37.7%. The results showed that there was a relationship between the level of nutritional knowledge and the frequency of fast food consumption ( $p=0.000$ ). The conclusion in this study is that there is a relationship between the level of nutritional knowledge with the frequency of consumption of fast food in adolescents.

The results of other studies show that there is a relationship or correlation between two independent variables (nutrition knowledge;  $P=0,212$  and consumption of junk food;  $P=1,000$ ) and overweight in adolescents at SMAN 1 Sangkulirang. source of information regarding the relationship between the level of knowledge of nutrition and junk food with the incidence of overweight in adolescents for further research (Aliyansyah Mustofa, 2021).

## 2. Research methods

### 2.1 Conceptual Framework and Research Variables

The conceptual framework in this study was compiled based on a literature review where researchers wanted to know the relationship between mother's knowledge of the dangers of ready-to-eat food (*junk food*) For Children Who Are Overweight at SD Negeri 054903 UPL Kec. Deputy Head of Langkat Regency in 2020 with research objectives, the variables can be described as follows:

**Figure1.**Research Concept Framework**2.2 Research Hypothesis**

The hypothesis is a temporary answer that must be tested for truth in the research the proposed hypothesis is:

Ho :There is no Relationship between Mother's Knowledge of the Dangers of Fast Food (*junk food*) For Children Who Are Overweight at SD Negeri 054903 UPL Kec. Wampu District Langkat

Ha : There is a relationship between mother's knowledge of the dangers of fast food (*junk food*) For Children Who Are Overweight at SD Negeri 054903 UPL Kec. Wampu District Langkat

**2.3 Types of research**

This type of research is a descriptive study using a cross-sectional analytic study design. The research objective is to determine the relationship between maternal knowledge and the dangers of ready-to-eat food (*junk food*) For Children Who Are Overweight at SD Negeri 054903 UPL Kec. Deputy Head of Langkat Regency in 2020.

**2.4 Place and time of research**

The research will be carried out at SD Negeri 054903 UPL Kec. Wampu Kab. Langkat. The research was carried out starting on September 20, 2020

**2.5 Population and Sample**

According to Arikunto (2016) the population is individuals who have the same characteristics even though the percentage of similarity is small, or in other words all individuals who will be used as research objects. The population taken in this study were mothers who have children who attend SD Negeri 054903 UPL Kec. Wampu Kab.Langkat as many as 120 people. Arikunto (2016) argues that the sample is part or representative of the population being studied. According to Arikunto, if the number of subjects is large, it can be taken between 10-15% or 20-25%, in this study a sample of 25% of the total population was taken. So the number of samples in this study amounted to 30 people. The sample criteria include inclusion criteria and exclusion criteria, where these criteria determine whether or not the sample can be used. However, researchers still optimize respondents as research objects to explore data. The sample criteria include inclusion criteria and exclusion criteria, where these criteria determine whether or not the sample can be used.

**a. Inclusion Criteria**

Inclusion criteria are criteria where research subjects can represent in research samples that meet the requirements as samples (Notoatmodjo, 2016), namely:

1. Mothers who have children who attend SD Negeri 054903 UPL Kec. Wampu District Langkat
2. *Overweight*
3. Willing to be a respondent.
4. Can speak Indonesian

**b. Exclusion Criteria**

Exclusion criteria are criteria where the research subject cannot represent the sample because it does not meet the requirements as a research sample (Notoatmodjo, 2016). The exclusion criteria for this study are as follows:

1. Mothers who do not have children who attend SD Negeri 054903 UPL Kec. Wampu District Langkat
2. Not Overweight
3. Not willing to be a respondent.
4. Can't speak Indonesian

**2.6 Operational definition**

The operational definition is to limit the scope or understanding of the observed or researched variables, it is necessary to limit these variables(Notoatmodjo, 2016).

**TABLE 1**  
**OPERATIONAL DEFINITION**

No	Variable	Operational Definition	Measuring instrument	Measurement result	Scale
1.	Mother's Knowledge	Mother's knowledge about fast food	Questionnaire	a. Good (7-10) b. Enough (4-6) c. Less (0-3)	ordinal
2.	Fast Food (Junk Food)	Foods consumed by children such as sausages, naget, burger and others	Questionnaire	a. Consumed (6-10) b. Not Consumed(0-5)	ordinal
4	Education	Mother's education at the time of doing research	Questionnaire	a. SD b. JUNIOR HIGH SCHOOL c. SENIOR HIGH SCHOOL d. College	ordinal
5	Work	Mother's occupation at the time of doing research	Questionnaire	a. IRT b. Self-employed c. civil servant	ordinal
6	Resources	Information obtained by mothers about fast food (junk food)	Questionnaire	a. Print media b. Electronic Media c. Health workers	ordinal

## 2.7 Research Instruments

The research instrument used in this study was in the form of a questionnaire which was made by the researcher himself. According to Arikunto (2016) research instruments are tools or facilities used by researchers in collecting data so that their work is easier and the results are better, more accurate, complete, and systematic so that they are easier to process. Thus, the use of research instruments is to find complete information about a problem, natural or social phenomenon.

The instrument used in this study was about Mother's Knowledge and *Junk Food*. To facilitate the analysis, a score (scoring) is given to each answer for the independent and dependent variables on each instrument as follows:

### 1. Mother's Knowledge Questionnaire

According to Arikunto (2016), the research instrument is a tool when research uses a method. The data collection tool used in this study was a questionnaire about Mother's Knowledge where the questionnaire consisted of 10 statements. The scoring criteria:

- a. Score 1 if you answer yes
- b. Score 0 if you answer no

### 2. Questionnaire *Junk Food*

Questionnaire about *Junk Food* of 10 statements. The scoring criteria:

- a. Score 1 if you answer yes
- b. Score 0 if you answer no

## 2.8 Method of collecting data

### 1. Data source

The source of data used in this study is primary data, namely: The data obtained by researchers directly from the first hand. Obtained by the results of the visit survey and the results of interviews with respondents.

### 2. Consent to Become a Researcher Respondent

The method of collecting data is carried out through two stages, namely the stage of preparing and the stage of implementing. The preparatory stage begins with prepare an instrument for data collection in the form of a questionnaire. The next stage is in the form of an administrative procedure, namely submitting an application to the Head of STIKes Putra Abadi Langkat Stabat to issue an application for permission to take data to the research site. If the application letter for permission to collect data has been given, the researcher submits an application for permission to carry out research at SD Negeri 054903 UPL Kec. Wampu Kab. Langkat. If the research permit has been given, the next researcher asks the principal for permission SD Negeri 054903 UPL Kec. Wampu District Langkat then convey the aims and objectives and then convey how long the research will be carried out. The next stage is the implementation stage, which is when the author will take research data. Next, the writer will meet the respondents at SD Negeri 054903 UPL Kec. Wampu Kab. Langkat and introduced himself while explaining the purpose of the research, the benefits of the research, and the technique of filling out the questionnaire. The

next step is the author asks nurses to sign an informed consent as evidence of their willingness to cooperate and be involved during the research process.

## 2.9 Measurement Aspect

The measurement aspect used in this study is ka questionnaire to collect data from research subjects or respondents regarding Knowledge of Elementary School Children and *Junk Food*.

Where for the aspect of measuring knowledge of elementary school children using an ordinal scale with a questionnaire measuring instrument with measuring results:

- Good, if you get a score or value of 7-10
- Enough, if you get a score or score of 4-6
- Not Good, if you get a score or value of 0-3

As for the measurement aspect *Junk Food*. using an ordinal measuring scale with a questionnaire measuring instrument with measuring results where:

- Consumed, if you get a score or value of 6-10
- Not Consumed, if you get a score or value of 0-5

## 2.10 Data processing

After all the data was collected, the researchers processed the data through several stages, namely:

- editing*, is to evaluate the completeness and consistency of all respondents' answers to the questionnaire, so that there are no empty answers from respondents.
- coding*, The results of the answers to each question are coded according to the instructions to make it easier for researchers to process data.
- Tabulation*, adalah mempermudah analisa data, pengolahan dan pengambilan kesimpulan maka hasil pengumpulan data yang dimasukkan kedalam tabel distribusi frekwensi.
- Entry*, memasukkan semua data kedalam komputer dengan pengolahan menggunakan teknik komputerisasi

## 2.11 Uji Vliditas dan Uji Reabilitas

### 1. Uji Validitas

Reliabilitas dapat diartikan sebagai stabilitas, konsistensi, atau keandalan dari sebuah pengukuran dan keandalan menyangkut akurasi. Instrumen penelitian dinyatakan memiliki nilai reliabilitas yang maksimal ketika uji yang dilakukan memiliki hasil yang konsisten saat mengukur yang akan diukur. Hal ini berarti bertambah reliabel suatu uji mempunyai persyaratan dan bertambah valid hasil suatu uji memiliki hasil yang sama ketika dilakukan uji kembali (Sukardi, 2016).

### 2. Uji Reliabilitas

Validity test is a measurement that shows the validity of a measuring instrument or the extent to which a measuring instrument is able to measure what it is supposed to measure (Polit & Beck, 2016). The research instrument used in this study must be tested. The trial was conducted to determine the validity of the item scores aimed at determining the level of validity of the questions listed in the instrument. While the reliability test is carried out to prove the level of consistency or confidence in the questions. Validity test was conducted to determine the level of validity of an instrument. An instrument is said to be valid if it is able to measure what is desired and can reveal data from the variables studied appropriately (Arikunto, 2016). To test the validity of the allegations using the SPSS product moment test program by looking for *r* counts for each question/statement item and then compared with *r* tables. It is said to be valid if *r* count > from *r* table (0.3610). Valid items are taken and invalid items are revised or replaced or discarded.

**TABLE 2**  
**RESULTS OF THE VALIDITY AND RELIABILITY TEST OF MOM'S KNOWLEDGE QUESTIONNAIRE**

No	Mother's Knowledge	Validity test		Questionnaire	Reliability Test (Cronbach Alpha)	Questionnaire
		<i>r count</i>	<i>r table</i>			
1	P1	0855	0.3610	Valid	0.895	reliable
2	P2	0.851	0.3610	valid	0.895	reliable
3	P3	0.850	0.3610	valid	0.895	reliable
4	P4	0.846	0.3610	valid	0.895	reliable
5	P5	0.843	0.3610	valid	0.895	reliable

6	P6	0.858	0.3610	valid	0.895	reliable
7	P7	0.851	0.3610	valid	0.895	reliable
8	P8	0.851	0.3610	valid	0.895	reliable
9	P9	0.853	0.3610	valid	0.895	reliable
10	P10	0.861	0.3610	valid	0.895	reliable

**TABLE 3**  
**RESULTS OF THE VALIDITY AND RELIABILITY TEST OF READY FOOD (JUNK FOOD) QUESTIONNAIRE**

No	Fast Food (Junk food)	Validity test		Questionnaire	Reliability Test (Cronbach Alpha)	Questionnaire
		<i>r count</i>	<i>r table</i>			
1	P1	0.853	0.3610	valid	0.891	reliable
2	P2	0.846	0.3610	valid	0.891	reliable
3	P3	0.834	0.3610	valid	0.891	reliable
4	P4	0.852	0.3610	valid	0.891	reliable
5	P5	0.884	0.3610	valid	0.891	reliable
6	P6	0.844	0.3610	valid	0.891	reliable
7	P7	0.835	0.3610	valid	0.891	reliable
8	P8	0.846	0.3610	valid	0.891	reliable
9	P9	0.850	0.3610	valid	0.891	reliable
10	P10	0.839	0.3610	valid	0.891	reliable

### 2.12 Data analysis

After all the data on the questionnaire was collected, then the data analysis was carried out through several stages. First, review the completeness of the respondent's identity and data and ensure that all answers have been filled in. Then the researcher classified the data by tabulating the data that had been collected. In this study data processing using a computer program.

Analysis of the data in this study using several techniques, namely:

a. Univariate analysis

Data analysis was carried out on research variables which were only used to produce distributions and percentages of each variable.

b. Bivariate analysis

To find out whether there is a relationship between the variables, this study uses the chi-square test.

The indicator that the data can be tested using the X2 formula with the criteria of the hypothesis:

- If  $\chi^2 \text{ count} > \chi^2 \text{ table}$  then  $H_0$  is rejected,  $H_a$  is accepted.
- If  $\chi^2 \text{ count} < \chi^2 \text{ table}$  then  $H_0$  is accepted,  $H_a$  is rejected.

## 3. Results and Discussion

### 3.1 Univariate Analysis

The results of data collection from respondents through this study about The Relationship of Mother's Knowledge of the Dangers of Junk Food in Children Who Are Overweight at SD Negeri 054903 UPL Kec. Wampu Kab. Langkat Year 2020 denbro, the number of respondents is 30 people can be presented in the form of a table as follows:

**TABLE 4**  
**FREQUENCY DISTRIBUTION EDUCATION IN STATE ELEMENTARY SCHOOL 054903 UPL KEC. WAMPU KAB. STEP YEAR 2020 (N=30)**

No	Education	Frequency (f)	Percentage (%)
1	SD	13	43.3
2	JUNIOR HIGH SCHOOL	8	26.7
3	SENIOR HIGH SCHOOL	6	20.0
4	PT	3	10.0
Total		30	100

In table 4 it can be seen that from the 30 respondents the majority of primary school mothers education was 13 respondents (43.3%) and the minority education was PT mothers as many as 3 respondents (10.0%)

**TABLE 5**  
**FREQUENCY DISTRIBUTION MOTHER'S OCCUPATION AT STATE ELEMENTARY SCHOOL 054903 UPL KEC. WAMPU KAB. STEP YEAR 2020 (N=30)**

No	Mother's Job	Frequency (f)	Percentage (%)
1	IRT	21	70.0
2	Self-employed	6	20.0



3	civil servant	3	10.0
<b>Total</b>		<b>30</b>	<b>100</b>

In table 5 it can be seen that of the 30 respondents the majority of the work of IRT mothers were 21 respondents (70.0%) and the minority of the work of PNS mothers were 3 respondents (10.0%).

**TABLE 6**  
**FREQUENCY DISTRIBUTIONSOURCES OF MOTHER'S INFORMATION IN SD NEGERI 054903 UPL KEC. WAMPU KAB. LANGKAT YEAR 2020 (N=30)**

No	Resources	Frequency (f)	Percentage (%)
1	Print media	5	16.7
2	Electronic Media	4	13.3
3	Health workers	21	70.0
<b>Total</b>		<b>30</b>	<b>100</b>

In table 6 it can be seen that from the 30 respondents the majority of information sources were obtained through health workers as many as 21 respondents (70.0%) and the minority of information sources obtained through electronic media as many as 4 respondents (13.3%).

**TABLE 7**  
**FREQUENCY DISTRIBUTIONTHE RELATIONSHIP OF MOM'S KNOWLEDGE IN SD NEGERI 054903 UPL KEC. WAMPU KAB. LANGKAT YEAR 2020 (N=30)**

No	Mother's Knowledge	Frequency (f)	Percentage (%)
1	Well	23	76.7
2	Enough	4	13.3
3	Not enough	3	10.0
<b>Total</b>		<b>30</b>	<b>100</b>

Pada tabel 7 dapat dilihat bahwa dari 30 responden mayoritas pengetahuan ibu baik sebanyak 23 responden (76,7%) dan minoritas pengetahuan ibu cukup sebanyak 4 responden (13,3%) dan kurang sebanyak 3 responden (10,0%).

**TABEL 8**  
**DISTRIBUSI FREKUENSI MAKANA SIAP SAJI (JUNK FOOD) DI SD NEGERI 054903 UPL KEC. WAMPU KAB. LANGKAT TAHUN 2020 (N=30)**

No	Makanan Siap Saji	Frekuensi (f)	Persentase(%)
1	Dikonsumsi	7	23,3
2	Tidak Dikonsumsi	23	76,7
<b>Total</b>		<b>30</b>	<b>100</b>

Pada tabel 8 dapat dilihat bahwa dari 30 responden mayoritas makanan siap saji tidak dikonsumsi sebanyak 23 responden (76,7%) dan minoritas dikonsumsi sebanyak 7 responden (23,3%).

### 3.2 Analisa Bivariat

**TABEL 9**  
**DISTRIBUSI FREKUENSI HUBUNGAN PENGETAHUAN IBU TERHADAP BAHAYA MAKANA SIAP SAJI (JUNK FOOD) PADA ANAK YANG MENGALAMI OVERWEIGHT DI SD NEGERI 054903 UPL KEC. WAMPU KAB. LANGKAT TAHUN 2020 (N=30)**

(N=30)									
No	Pengetahuan Ibu	Makanan Siap Saji				Total		p.value	df
		Dikonsumsi		Tidak Dikonsumsi					
		n	%	n	%	n	%		
1	Well	0	0	23	100	23	76.7	0.000	1
2	Enough	4	57.1	0	0	4	13.3		
3	not enough	3	42.9	0	0	3	10.0		
	Total	7	100	23	100	30	100		

Based on table 4.2, it can be seen that from 30 the majority of mothers' knowledge of both ready-to-eat food consumed was 0 respondents (0) and the minority of mothers' knowledge was sufficient and less with ready-to-eat food consumed as many as 4 respondents (57.1) and as many as 3 respondents (42, 9).

The results of hypothesis testing to see the relationship between variable X and variable Y are with a significant level ( $\alpha$ ) = 5% (0.05) and  $df = 1$ , the results are  $p\text{-value} = 0.000$  at  $df = 1$  where  $\text{sig} < (0.000 < 0.05)$ , then  $H_0$  is rejected, so it can be concluded that there is a relationship between mother's knowledge of the dangers of junk food in children who are overweight at SD Negeri 054903 UPL Kec. Wampu Kab. Leave in 2021.

### 3.3 Discussion

#### 1. Frequency Distribution Mother's Knowledge at SD Negeri 054903 UPL Kec. Wampu Kab. Langkat 2020 (n=30).

The results showed that of the 30 respondents the majority of maternal knowledge was good as many as 23 respondents (76.7%) and the minority of mothers' knowledge was sufficient as many as 4 respondents (13.3%) and less by 3 respondents (10.0%).

According to Notoatmojo (2016) Knowledge is the result of "knowing" that occurs after people sense a certain object, especially through the eyes and ears. If someone can answer questions about a particular field fluently, both orally and in writing, it can be said that he knows the field. The set of verbal answers that the person gives is called knowledge.

Knowledge measurement can be done by interview/questionnaire that asks about the content of the material to be measured from research subjects or respondents. We can adjust the depth of knowledge that we want to know or measure with one of the theories regarding the levels of knowledge above (Notoatmojo, 2016)

The results of research conducted by Annisa Nadia (2019) showed that based on the analysis of the relationship test used, the Spearman Rank test was used. The level of nutritional knowledge in the good category is 79.7%, and the frequency of consumption of fast food is rarely (score  $>38$ ) by 37.7%. The results showed that there was a relationship between the level of nutritional knowledge and the frequency of fast food consumption ( $p=0.000$ ). The conclusion in this study is that there is a relationship between the level of nutritional knowledge with the frequency of consumption of fast food in adolescents. The researcher assumes that of the 30 respondents the majority of mothers' knowledge is good as much as 23. This is because respondents have a good understanding of fast food which can cause overweight

#### 2. Frequency Distribution Dangers of Fast Food (*junk food*) For Children Who Are Overweight at SD Negeri 054903 UPL Kec. Wampu Kab. Langkat 2020 (n=60)

The results showed that the majority of 60 respondents who consumed fast food were not consumed by 23 respondents (76.7%) and the minority consumed as many as 7 respondents (23.3%). Food Fast food is a term for food that can be prepared and served quickly (Poudel, P, 2018). *Junk food* are foods that contain limited or low nutrients, including: calcium, riboflavin, vitamin A, magnesium, vitamin C, folate and fiber. In addition, the fat and sodium content is quite high in various fast foods (Singh, 2019). *Junk food* contains fat, protein, carbohydrate and relatively salt high and if consumed continuously excessively can cause lead to nutritional problems such as obesity. Over nutrition or obesity occurs if there is an imbalance between energy consumption and energy expenditure. Foods that are classified as junk food contain large amounts of fat and some fat accumulates in the body, so consuming excessive junk food can result in the accumulation of body fat which leads to obesity (Febriani, 2019).

*Junk food* have various effects on health. Eating junk food has a positive impact on people who have little time to relax life, because foods that are included in junk food are foods that are fast in serving, so people who are very busy at work can fulfill their food needs by not spending a lot of time. Besides just one positive impact, there are many negative effects of junk food

The results of other studies show that there is a relationship or correlation between two independent variables (nutrition knowledge;  $P=0,212$  and consumption of junk food;  $P=1,000$ ) and overweight in adolescents at SMAN 1 Sangkulirang. source of information regarding the relationship between the level of knowledge of nutrition and junk food with the incidence of overweight in adolescents for further research (Aliyansyah Mustofa, 2021). The researcher assumes that of the 30 respondents the majority of fast food is not consumed as much as 23. This is because the respondents already understand the impact that can be caused by fast food (junk food).

#### 3. Frequency Distribution Relationship of Mother's Knowledge to Dangers of Fast Food (*junk food*) For Children Who Are Overweight at SD Negeri 054903 UPL Kec. Wampu Kab. Langkat 2020 (n=30)



The results showed that using a significant level of 0.05 and the statistical test results obtained showed that there was a relationship between mother's knowledge of the dangers of fast food (*junk food*) For Children Who Are Overweight at SD Negeri 054903 UPL Kec. Wampu Kab. Langkat in 2021 with a significant value of  $0.000 < 0.05$ .

The results of hypothesis testing to see the relationship between variable X and variable Y are with a significant level ( $\alpha$ ) = 5% (0.05) and  $df = 1$ , the results are  $p\text{-value} = 0.000$  at  $df = 1$  where  $\text{sig} < (0.000 < 0.05)$  then  $H_0$  is rejected so it can be concluded that there is a relationship between mother's knowledge of the dangers of fast food (*junk food*) For Children Who Are Overweight at SD Negeri 054903 UPL Kec. Wampu Kab. Leave in 2021.

In the new food law, namely law no. 18 year 2012 regarding food, the definition of food is more broadly defined, especially the scope of types of food the food. in the food law, food is defined as anything that derived from biological sources, agricultural products, plantations, forestry, fisheries, livestock, waters, and water, both processed and unprocessed, are intended form as food or drink for human consumption, including food additives, food raw materials, and other materials used in the process of storing, processing, and or making food and beverages. a person's eating habits will depend on the type, amount and frequency food consumed (Heart UK, 2018).

Advances in science and economics have created a environment with a sedentary lifestyle and a good diet that is high in calories and fat. Excess energy intake is stored in fat tissue, over time it will lead to overweight (Adisti, et al, 2018). According to the World Health Organization (WHO), worldwide, the number of overweight and obesity has increased, more than 1.9 million adults are overweight and 650 million are overweight. others are obese. In some states, deaths from overweight and obesity are more common than deaths from malnutrition. In 2019, there were 38.2 million children under 5 years of age who were overweight and obese. This initially happened a lot in countries with good incomes such as in developed countries, but this problem has also increased in developing countries (WHO, 2018).

According to data that obtained through the National Health and Nutrition Examination Survey (NHANES) in 2018, estimates that at least 1 in 3 adults are overweight and the sex that suffers from excess weight is male (38.7%) compared to women (26.5%). The highest prevalence in the United States with overweight problems in the group of male adolescents aged 10-19 years reaches 14.5% while in the female group it reaches 11.8% (Hawkes, 2018). *Overweight* has become a global health problem in the world. Problem This health problem does not only occur in developed countries but also in developing countries develop. It is estimated that 10% of the world's school-age children have excess body fat, with an increased risk of developing disease chronic. Overweight and obesity are problems Health needs serious attention because it is the fifth leading cause of death in the world. No less than 2.8 million adults die every year due to overweight and obesity. The prevalence of overweight has increased sharply, including more than 200 million men and 300 million women in the world who are obese, while overweight children under five reach 40 million people (WHO, 2018).

Junk food is a term that describes unhealthy or has little nutritional content. Junk food contains calories, fat, protein, sugar and salt which are relatively high and low in fiber, if consumed continuously and excessively can lead to more nutritional problems. More nutrition occurs when there is an imbalance between energy consumption and energy consumption energy expenditure. Changes in lifestyle habits as a result of improvement level of life and progress. The level of consumption of Junk food in today's teenagers classified as high, where the average teenager consumes junk food 3 to 4 times in a month (Widyastuti, D. A, 2018).

*Junk food* is a solid food that tastes good, but lacks nutrition. Junk food is only rich in calories, but small in protein, vitamins, and minerals. Where the types of food that are often consumed are fried chicken and french fries. Individuals and families have many reasons for looking for junk food, mainly because of the time and cost of fast food which is cheap, fast, easy to get, and delicious (Sharkey JR et al., 2018).

Ministry of National Development Planning (2017). In fact the food insecurity population map published by BPS still shows a very concerning situation. The number of people who are very food insecure with calorie intake of less than 1,400 kcal/person per day reached 14.47%, an increase compared to the condition in 2008 which was 11.07%. Currently, the world's nutritional situation shows two extreme conditions. Starting from hunger to eating patterns that follow a lifestyle that is low in fiber and high in calories, as well as thin and short conditions to obesity.

The lack of public knowledge in this modern era turns out to make people too much eating junk food, even made it as his favorite food. Eating junk food is part of American culture and we find children today growing up from junk food such as candy, burgers, fries, and so on (Dian Ariska, 2018). The results of research conducted by Nabil (2019) The results of the chi square test show that there is a relationship between the frequency of fast food with the incidence of obesity (0.05). The results showed that the chi square test showed that there was a relationship between the portion of fast food and the incidence of obesity (0.05).

Based on this, the researcher can assume that the better the mother's knowledge, the better the mother will be in giving food to her child and avoiding junk food, but on the contrary if the mother's knowledge is not good then there will be no prevention by the mother for her child to consume fast food (junk food).

#### 4. Conclusion

The majority of mothers' knowledge is good as many as 23 respondents (76.7%) and the minority of mothers' knowledge is sufficient as many as 4 respondents (13.3%) and less by 3 respondents (10.0%). The majority of the majority of fast food is not consumed by 23 respondents (76.7%) and the minority is consumed by 7 respondents (23.3%). There is a Relationship between Mother's Knowledge of the Dangers of Junk Food for Overweight Children at SD Negeri 054903 UPL Kec. Wampu Kab. Langkat Year 2021 obtained p.value = 0.000 at df = 1 where sig < (0.000 < 0.05).

For Educational Agencies, For nursing science education as reading material and insight for students, especially nursing students in understanding the dangers of fast food (*junk food*) In Children Who Are Overweight. For mothers, providing information on how bad it is to consume fast food (*junk food*) On Children who will have an impact on Overweight. For researchers, to gain experience in terms of conducting research so that they will be encouraged to increase their potential in relation to the dangers of eating fast food (*Junk Food*) In Children Who Are Overweight. For further research, the results of this study are expected to be used as basic data and reference for further research to conduct research with different types of research and variables.

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