

Risk Factors for Health Problems with Fast Food in High School Students in Semarang City

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Abstract

Background: Fast food is food that can be served in the shortest possible time. Fast food has many types, from light to heavy food. In line with developments in the amount and type of food, people's habits in consuming food are increasingly diverse, including the tendency to eat fast food. However, if consumed excessively, fast food can cause various health problems. This study aims to determine the impact of fast-food consumption on students. Method: This cross-sectional research was conducted on the health of SMA A students in the city of Semarang. The data collection method uses an online questionnaire distribution technique which started on April 10 2021 to 28 students. Data were analyzed descriptively. Results: The results showed that 53.6% of students agreed with consuming fast food, 64.3% admitted to experiencing throat problems, 53.6% of students felt sleepy after consuming fast food, and 64.3% of students admitted to experiencing weight gain. due to the high frequency of fast-food consumption. Conclusion: This study found that students complained of experiencing negative impacts from fast food such as weight gain, throat problems, and feeling sleepy.

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1. INTRODUCTION

As one of the primary needs for humans, food contributes to maintaining survival. In ancient times, fast food did not play an important role for our ancestors. To meet their food needs, they prefer to grow their own crops or raise livestock. Apart from that, they can get food by selling the results of farming and their livestock. Thanks to the sophistication of technology in today's modern era, the presence of fast food increasingly pampers people in fulfilling their daily primary needs. Indonesian people's consumption patterns can be changed by fast food. More and more fast-food restaurants can change people's lifestyles. (Lestari, 2021).

People want everything to be done instantly, practically and quickly in consuming food without thinking about the content of the food they consume. Fast food has many types, from light to heavy food. In line with developments in the amount and type of food, people's habits in consuming food are increasingly diverse, including the tendency to consume fast food. However, if consumed excessively, fast food can cause various health problems. The habit of consuming fast food constantly can have a negative impact on the health of children, teenagers and adults. (Lestari, 2021).

Fast food consumed excessively can increase the risk of various diseases such as hypertension, obesity, diabetes and disorders of blood fat. Apart from that, fast food can also damage dental health. One of the most dangerous diseases caused by fast food is obesity. Obesity can trigger various other diseases such as heart disease, asthma, stroke, diabetes, and inflammation of the bones and joints. (Dewita, 2021).

According to data from Riskesdas in 2018, the number of people over the age of 18 who are obese is 21.8%. In addition, there is 31.0% central obesity in people over 15 years of age. (Indonesian Ministry of Health, 2018).

According to a survey conducted by Nielsen in 2008, it is known that 69% of Indonesian urban residents like to eat fast food, with 33% eating it for lunch, 25% for dinner, 9% for snacks, and 2% eating it for breakfast. (Hanum, at, all, 2015).

Apart from that, research conducted by Heryanti in 2009 stated that the student group had the highest level of fast-food consumption at 83.3%. (Handayani, 2019).

Many factors can influence teenagers to consume fast food. These factors can include knowledge about nutrition, the influence of friends, a comfortable place to eat to gather, food that is fast and practical, has a delicious taste, well-known food brands, and cheap prices. These things can encourage many teenagers to end up consuming fast food. (Pamelia, 2018).

There are still many SMA A students in Semarang City who experience health problems after consuming fast food. This is due to a lack of information about the fast food they often consume. Therefore, we conducted this research so that SMA A students in Semarang City know the impact of consuming fast food. (Indonesian Ministry of Health, 2018).

2. METHOD

The cross-sectional study was carried out by distributing online questionnaires starting on April 10 2021. The data in this study were analyzed descriptively to determine the frequency distribution and proportions. The data analysis technique used in this research was qualitative analysis based on data from a survey conducted in 28 respondents, then classified the questions that focused on the research objective, namely knowing the negative impact of fast food on the health of High School A students in Semarang City. (Izhar, 2020).

3. RESULTS

This study found that from 28 respondents the results were 53.6%, respondents did not agree that eating fast food can make the body more enthusiastic. Therefore, the majority of people admit that fast food cannot fully stimulate their spirits. Based on the results of the analysis, the majority of respondents felt throat problems after eating fast food (64.3%). So, the majority of people admit that fast food can disrupt throat health, more than half of respondents feel sleepy after eating fast food (53.6%). (Resky at, all, 2019).

Based on this percentage, the majority of people admit that eating some fast food can make the body sleepy. The highest proportion was found in respondents who admitted to experiencing weight gain after eating fast food, 64.3%. This shows that the majority of respondents in this study experienced weight gain after consuming fast food. (Suswanti, 2013).

4. DISCUSSION

This research shows that consuming fast food has various negative impacts on health. Most of the respondents were SMA A students in Semarang City agree that fast food can irritate the throat, cause drowsiness, and increase weight. Meanwhile, most respondents did not agree that fast food can make the body excited. The impacts of fast food cannot be separated from the ingredients/substances contained in fast food. Consuming fast food or junk food too often can also result in various dangerous diseases, such as high cholesterol, diabetes, heart disease, kidney problems and liver damage. (Ramdhan and flowers, 2021).

One of the effects of fast food on the body is that it can affect the body's energy levels. Eating fast food can give us energy so we can be more enthusiastic. However, we also have to be careful about the amount of fast food we consume. (Rasmada, at, all, 2012).

Consuming too much fast food will result in the body having excessive energy intake.

Moreover, fast food contains large amounts of fat, some of which accumulates in the body and contributes to obesity. Another bad impact resulting from consuming fast food is the emergence of non-communicable diseases. (Crispim, et al., 2011).

Handayani found in her research that there were respondents who felt their throats hurt after consuming oily food. Foods that contain artificial colorings such as Rhodamine B can cause symptoms of poisoning including irritation, especially in the throat and esophagus area. (Handayani, 2019).

Apart from that, preservatives such as formaldehyde can also cause a burning sensation in the esophagus or throat and stomach area and can cause cancer. Fast food can also trigger GERD. GERD (Gastroesophageal Reflux Disease) is a disorder that occurs in the stomach. This disease has symptoms, namely a sour or bitter taste on the tongue and a burning sensation in the throat and chest or what is usually called heartburn. (Atikah, 2019).

People who eat foods high in fat and protein are at risk of decreasing sleep duration which can cause sleepiness throughout the day. After consuming fast food, the action of the insulin hormone increases, causing drowsiness. The hormones dopamine and serotonin that appear after eating also trigger drowsiness. Indirectly, fast food influences irregular sleep patterns. In fact, an adequate sleep pattern can protect the body from various nutritional and metabolic disorders, such as obesity, dyslipidemia, diabetes and insulin resistance. These disorders may occur because sleep plays an important role in controlling the body's metabolism. (Abramowitz, 2016).

Weight gain after consuming fast food cannot be separated from the high fat and sugar content in the food. Someone who eats foods high in fat will gain weight faster than those who eat foods high in carbohydrates in the same number of calories. (Indrayana and Palupi, 2016).

If this continues, it can cause obesity. Adolescents who are obese have an 80% greater potential to become obese as adults. Adolescents who are obese have a higher risk of suffering from dangerous diseases such as heart disease, asthma, stroke, diabetes, and inflammation of the bones and joints. (Dewita, 2021).

Therefore, we need to monitor normal body weight as an effort to prevent weight deviations and if deviations occur, preventive and treatment steps can be taken immediately. Students must pay attention to the food they consume. The food they consume will have an impact on their body's health. (Abramowitz, 2016).

The food consumed should not just be filling, but must be rich in nutrition. Moreover, most students are in their growth period and nutritional intake plays an important role in growth. Many diseases are caused by consuming unhealthy foods which can have an impact on their condition when they are adults. Parents must also monitor the food or drinks they consume so that their children's health is maintained. (Atikah, 2019).

5. CONCLUSION

Based on the survey results, it can be concluded that fast food has a negative impact on health. This can be seen from the answers of respondents who agreed that after they consumed fast food, their throats felt itchy, they felt sleepy, and they gained weight. Meanwhile, most respondents did not agree that fast food can make the body excited. Apart from the things above, many diseases can occur due to frequent consumption of fast food. Students and their parents must pay attention to what food they consume so that their physical health is maintained. (Indonesian Ministry of Health, 2018).

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