ASSOCIATION BETWEEN POCKET MONEY AVAILABILITY AND FREQUENCY OF FAST-FOOD CONSUMPTION TOWARD OVERNUTRITION CASE AMONG JUNIOR HIGH SCHOOL STUDENT, SOUTH JAKARTA

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ABSTRACT

Background: As adults, over-nutrition in children due to fast food intake becomes a major issue because it raises the risk of different diseases. Previous studies. A correlation between spending money on consumption patterns is stated, but further study of the correlation to over-nutrition is required. This study aimed to analysis the association between pocket money and the frequency of fast-food consumption toward overnutrition among junior high school students.

Subjects and Method: This was a cross-sectional study carried out at Junior High School 98, South Jakarta, Indonesia. This location had a strategic location for fast-food traders. A total of 216 students' grade-8 (13-15 years old) were selected for this study. Variables in this study were pocket money, fast food frequency, and overnutrition. The data were collected using data Food Frequency Questionnaire (FFQ), Body Mass Index (BMI) measurements, and questionnaire. The data were analyzed based on the z-score table from World Health Organization (WHO).

Results: There was a significant correlation between pocket money and overnutrition, and it was statistically significant. Pocket money $\leq$ IDR 20.000 had a greater indicated overnutrition which is influenced by several conditions. However, there is no significant correlation between the frequency of fast-food consumption and overnutrition.

Conclusions: Pocket money is correlate with overnutrition among junior high students.

Keywords: fast-food, frequency of consumption, overnutrition, pocket money

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