

**ABSTRACT**

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***THE RELATIONSHIP OF JUNK FOOD CONSUMPTION HABITS AND PHYSICAL ACTIVITY WITH THE NUTRITIONAL STATUS OF ADOLESCENT WOMEN***

*Nutritional problems in adolescent girls occur due to an imbalance between consumption and use of nutrients in the body. Adolescents who have a propensity consume junk food in excess combined with less physical activity may have nutritional issues. The purpose of this research is to examine the associations between the nutritional status of SMP/MTs in the working area of the Bantar Health Center, Tasikmalaya City and their consumption habits of junk food, physical activity, energy, carbohydrate, protein and fat intake. The research design used was a cross-sectional study methodology. Using proportional random sampling, 129 female students were selected from a pool of 163 female students. Data were analyzed by using linear regression and Spearman rank test. The results of this research is a significant relationship and positive pattern between the habit of consuming junk food and the nutritional status ( $p$ -value = 0.001,  $\rho$  = 0.549), and there is a significant and negative relationship between physical activity and nutritional status ( $p$ -value = 0.004,  $\rho$  = -0.254). The results of the multivariate test with linear regression showed that in the final modeling, the variables related to nutritional status were junk food consumption habits ( $p$ -value = 0.001), physical activity ( $p$ -value = 0.024), and energy intake ( $p$ -value = 0.001) with a  $R^2$  value = 0.498, there is a 49.8% correlation between nutritional status and the variables of junk food consumption habits, physical activity and energy intake. The conclusion is there is a relationship between junk food consumption habits, physical activity and the nutritional status, and a relationship between variables that interfere with energy intake and the nutritional status. It is hoped that students will have the awareness to limit their habits of consuming junk food and pay attention to their physical activity.*

**Keywords:** *Consumption Habits, Junk Food, Nutritional Status, and Physical Activity*