

*The relationship of junk food consumption and physical activity to college students at jember state polytechnic*

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**ABSTRACT**

*Obesity is a condition of excessive fat accumulation in the body due to the imbalance of energy intake with energy expenditure. Excessive consumption of junk food and lack of physical activity are the main causes of obesity. Obesity has been declared by WHO as the biggest chronic health problem affecting adults. The purpose of this study was to determine the relationship between junk food consumption and physical activity with the incidence of obesity in students at Jember State Polytechnic. This type of research is analytic observational with cross sectional design. Respondents taken in this study were 101 respondents using purposive sampling technique. The instruments used in this study were the Food Frequency Questionnaire (FFQ) and the International Physical Activity Questionnaire (IPAQ). The results of data analysis using the Spearman Rho test showed that there was a relationship between junk food consumption and the incidence of obesity ( $p$  value = 0.002) and there was no relationship between physical activity and the incidence of obesity ( $p$  value = 0.172) in students at Jember State Polytechnic.*

*Keywords: Junk Food Consumption, Obesity, Physical Activity*