

**Relationship of Skipping Breakfast and Junk Food Consumption with  
Overnutrition Status in College Students (Department of Health, State  
Polytechnic of Jember)**

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**ABSTRACT**

Overnutrition status is condition when the body mass index is above normal. Overnutrition status is divided into 2 types, namely overweight and obesity. Overnutrition of an increase in excess fat compared to what is needed by the body. Excessive fat accumulation is caused by an imbalance between energy intake and energy expended for a long time. Nutrition has more to do with eating patterns, such as skipping breakfast so you eat junk food, which is high in calories, and high in fat, but low in fiber. Other causal factors influence the occurrence of obesity, such as gender, age, and genetic factors. Overnutrition is one of the causes of degenerative diseases that affect humans, such as Diabetes Mellitus, Hypertension, and Coronary Heart Disease. The purpose of this study was to determine the relationship between skipping breakfast and consumption of junk food with overweight status in college students (Jember State Polytechnic Health Department). This type of research is Analytical and Observational with a Cross Sectional design. The population in this study were students of the Health Department of the Study Program of Clinical Nutrition and Health Information Management, Jember State Polytechnic in semester 6, totaling 62 students. The research was conducted for 4 days in June 2023 at the Jember State Polytechnic. Subject taking technique using Total Sampling method. The research instrument used a breakfast skipping questionnaire and the Food Frequency Questionnaire (FFQ). Statistical analysis using SPSS 22.0 with the test used is the Chi-Square test. The conclusion obtained shows that there is a relationship between skipping breakfast and consumption of junk food with overweight status in students (Jember State Polytechnic Health Department).

**Keywords:** Junk Food Consumption, Skipping Breakfast, Overnutrition Status