

## **ABSTRACT**

### **Relationship of Hanging Out at Cafe behavior with Sweet Food and beverage intake to the nutritional Status of adolescents in Summersari District, Jember Regency**

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Nutritional problems in adolescents arise due to an imbalance between nutritional intake with adequate nutrition is recommended. Indonesia experiences three nutritional burdens on adolescents characterized by malnutrition, excess nutrition, and micronutrient deficiencies. One of the causes of the increasing prevalence of malnutrition in the adolescent age group is a change in lifestyle in adolescents in spending free time. Hanging out in a cafe or more familiar with the term *ngafe* has now become a new culture that is popular with modern teenagers. Continuous and excessive consumption of sugary foods and drinks contributes to weight gain. Significant weight gain can lead to the risk of obesity in adolescents. This study aims to determine the relationship of hanging out at cafe with the pattern of consumption of sweet foods and beverages to the nutritional status of adolescents in Summersari District, Jember Regency. This type of research is *observational analytic* with *cross sectional approach*. The number of samples used in this study are 48 adolescents with *probability sampling techniques*. Data collection used questionnaires, SQ-FFQ, and anthropometric measurements. Analysis used *spearman Rho test*. Statistical calculations used software *for windows* version 26. The results showed no significant relationship between hanging out at cafe and nutritional status ( $p=0.197$ ). There is a relationship between sweet food intake with nutritional status ( $p=0.000$ ). There is a relationship between the intake of sugary drinks with nutritional status ( $p=0.005$ ).

**Keywords: Ngafe, Sweet Food, Sweet Drinks, Nutritional Status**