

*The Relationship Between the Frequency of Ultra Processed Food (UPF) Consumption  
and Physical Activity with the Incidence of Overnutrition in Students at SMPN 10  
Jember*

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**ABSTRACT**

Ultra-processed foods (UPF) are foods and beverages that are high in energy, high in sodium, high in saturated fat, high in sugar, low in fiber and other micronutrients. A study conducted in Indonesia found that ultra-processed foods contribute approximately 16% of total daily calorie needs, with sugar contributing 23,3% of total daily calories. Furthermore, the development of technology, such as gadgets and acces to social media, has led to increasing reluctance to engage in physical activity. The purpose of this study was to determine the relationship between the frequency of ultra-processed food (UPF) consumption and physical activity with overnutrition at SMPN 10 Jember. This study was an observational analytic study with a cross-sectional design. The subjects in this study were 95 subjects using proportional random sampling technique and data collection using subject identity instruments, the Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ) and the Physical Adolescent for Older Children (PAQ-C) form. Data normality was tested using the Kolmogorov-Smirnov test. Bivariate analysis used the Spearman correlation test. The results showed that 66,3% rarely consumed ultra-processed food (UPF), 95,8% engaged in moderate physical activity, and 77,9% did not experience overnutrition. The study concluded that there was no association between the frequency of ultra-processed food (UPF) consumption and physical activity with the incidence of overnutrition amng students at SMPN 10 Jember.

Keywords: Overnutrition, Frequency of ultra Processed Food (UPF) consumption, Physical Activity.