ABSTRACT

Background. Development of science and technology in food industry result in new products such as instant food. Instant food are food and drink which have been cooked or semi cooked and then processed to be ready to eat. Consumption of instant food can affect nutrition status especially in adolescent. Consumption behavior of instant food have been affected by intrinsic factors such as, sex, and religion and extrinsic factors such as knowledge, economic level, experiences, advertisement, home environment and social culture.

Objective. The objective of research is to study relationship between knowledge level and consumption of instant food and drink with nutrition status of female adolescents.

Methods. Research sample is fifty female adolescents in rooming house at Sagan Village Caturtunggal Depok Sleman Yogyakarta. Research instrument are close questionnaire about knowledge of instant food, seven day food recall are food consumptions on consumption frequencies of instant food, and measurement of nutrition status with anthropometry guided by NCHS. Knowledge of respondent is scored 1 (if right) and 0 (if Wrong) Consumption frequencies of instant food are scored by Suhardjo Method. Corelation product moment is used to analyze relationship between knowledge level and consumption of instant food and nutrition status of respondent.

Results and conclusion. Knowledge levels on instant food of female adolescents were categorized: 22% high, 50% intermediate, and 28% low. Mie instant and coffee instant are most consumed compared to other instant food. Nutrition status of female adolescent was categorized 74% normal, 22% under weight, 4% over weigh and none categorized obese. Knowledge level and consumption of instant food have positive and significant relationship with nutrition status of female adolescent. Some factors that affect female adolescent consumption of instant food are knowledge level, economic level, consumption reason, and information of instant food.

Keywords : instant food, nutrition status, female adolescent