

ABSTRAK

Abstrak

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Hubungan Sikap Tentang *Ultra-Processed Food* (UPF) dengan Perilaku Makan Anak di SD Negeri Mangli 01 Kabupaten Jember, 2026

x + 122 halaman+ 16 tabel+ 4 bagan+ 22 lampiran

Abstrak

Latar belakang: Sikap tentang *Ultra-Processed Food* (UPF) yang kurang optimal; dapat berkontribusi terhadap perilaku makan anak yang berisiko tinggi dalam mengonsumsi makanan *Ultra-Processed Food* (UPF). Studi ini bertujuan untuk Menganalisis hubungan sikap tentang *Ultra-Processed Food* (UPF) dengan perilaku makan anak di SD Negeri Mangli 01 Kabupaten Jember. **Metode:** Desain penelitian ini menggunakan korelasional dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah seluruh siswa kelas 4, 5, dan 6 SD Negeri Mangli 01 Kabupaten Jember sebanyak 168 siswa. Sampel penelitian berjumlah 119 responden yang dipilih menggunakan teknik *simple random sampling*. Pengumpulan data menggunakan kuesioner sikap tentang *Ultra-Processed Food* (UPF) dan kuesioner perilaku makan anak dengan hasil uji validitas semua instrument valid dan reliabel. Analisis data menggunakan uji korelasi *Spearman Rho* dengan tingkat signifikansi ($\alpha \leq 0,05$). **Hasil:** Penelitian ini menunjukkan bahwa ada hubungan yang signifikansi antara sikap tentang *Ultra-Processed Food* (UPF) dengan perilaku makan anak di SD Negeri Mangli 01 Kabupaten Jember. ($p = 0,006$; $r = - 0,249$) artinya semakin tinggi sikap tentang *Ultra-Processed Food* (UPF), maka semakin rendah perilaku makan anak, yang berarti bahwa 24,9% sikap tentang *Ultra-Processed Food* (UPF) dapat mempengaruhi perilaku makan anak dan sisanya disebabkan oleh faktor lain. **Kesimpulan:** Penelitian ini menunjukkan bahwa sikap yang baik tentang *Ultra-Processed Food* (UPF) dapat membantu menurunkan risiko perilaku makan anak yang mengarah pada konsumsi *Ultra-Processed Food* (UPF), sehingga diperlukan upaya edukasi gizi yang optimal untuk mendukung pola makan sehat pada anak usia sekolah.

Kata Kunci: Sikap, *Ultra-Processed Food* (UPF), perilaku makan, anak usia sekolah

Daftar Pustaka: 58 (2020-2025)

Abstract

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The Relationship Between Attitudes Toward Ultra-Processed Foods (UPF) and Children's Eating Behaviors at SD Negeri Mangli 01 Kabupaten JemberMangli 01, Jember Regency, 2026

x + 122 pages + 16 tables + 4 charts + 22 appendices

Abstract

Introduction: Suboptimal attitudes toward Ultra-Processed Foods (UPF) may contribute to high-risk eating behaviors in children regarding the consumption of Ultra-Processed Foods (UPF). This study aims to analyze the relationship between attitudes toward Ultra-Processed Foods (UPF) and children's eating behaviors at Mangli 01 Public Elementary School, Jember Regency. **Methods:** This study employed a correlational design with a cross-sectional approach. The study population consisted of all 4th, 5th, and 6th-grade students at Mangli 01 Public Elementary School in Jember Regency, totaling 168 students. The sample comprised 119 respondents selected using simple random sampling. Data were collected using an attitude questionnaire regarding Ultra-Processed Food (UPF) and a questionnaire on children's eating behavior; all instruments were found to be valid and reliable. Data analysis employed the Spearman Rho correlation test with a significance level of ($\alpha \leq 0.05$). **Results:** This study indicates a significant relationship between attitudes toward Ultra-Processed Foods (UPF) and children's eating behaviors at Mangli 01 Public Elementary School in Jember Regency. ($p = 0.006$; $r = -0.249$), meaning that the higher the attitude toward Ultra-Processed Food (UPF), the lower the children's eating behavior. This implies that 24.9% of the variation in children's eating behavior is attributed to attitudes toward Ultra-Processed Food (UPF), while the remaining variation is due to other factors. **Conclusion:** This study indicates that a positive attitude toward Ultra-Processed Food (UPF) can help reduce the risk of children's eating behaviors leading to UPF consumption; therefore, optimal nutrition education efforts are needed to support healthy eating patterns among school-aged children.

Keywords: Attitudes, Ultra-Processed Food (UPF), eating behavior, school-aged children

Bibliographi: 58 (2020–2025)