

The Impact of Junk Food on Adolescent Health: Strategies to Promote Healthy Eating in Educational Environments

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ABSTRACT

Consuming food is a daily necessity needed to meet nutritional requirements that function to fulfill the basic needs of humans. Adolescents generally love fast food because it comes in a wide variety and is very easy to obtain. This has become a concern in the educational environment to promote healthy food within educational settings such as schools. The purpose of this article is to examine the impact of fast food consumed over the long term on the health of adolescents. Fast food consumed over a long period can cause the accumulation of addictive substances and lead to health issues such as diabetes and obesity. The method used in this research is the literature review method. The literature study was conducted systematically following the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta Analysis) guidelines, with publication years from 2019-2024. A total of 20 journals were obtained using the keywords: 'Adolescents dangerous diseases, Fast food, junk food'. Out of the 20 journals reviewed, only 15 journals showed relevant results, indicating that fast food has an impact on the occurrence of diabetes mellitus and obesity in adolescents. This is due to the high sugar and fat content in fast food.

Keywords: *teenagers; dangerous diseases; fast food; junk food; educational environment*

INTRODUCTION

The activity of consuming food is a daily necessity to fulfill nutrition that serves as the basic human needs. The more advanced the development of technology and information, the easier we can access all types of food, both nutritious and fast food. This is a transformation of new lifestyle changes in modern society, especially a lifestyle and consumption result from the development of the times (mambela 2020). Fast food is a kind of food that is easy to serve, simple, and commonly produced by the food processing industry with high technology and provides various addictive substances to preserve and flavor the product (Sihaloho, 2012).

Teenagers love a variety of ready-to-eat foods and drinks, such as fast food⁵. About 87% of the total sample indicated that teenagers often consume fast food (Silalahi, 2019p). Unknowingly, fast food has a high sugar content (Oktavia 2019). Moreover, fast food causes teens to lack nutrients such as protein, vitamins and, fiber due to the poor nutrition content in fast food (Muwakhilda, 2018).

There are many teenagers who frequently consume fast food and drinks, especially junk food which contains a lot of high sugar (Oktavia 2019). The effects of fast food include obesity, weight gain, type 2 diabetes, tooth decay, heart disease, and high blood pressure (Alkhair et al., 2023). This can be caused by a lack of information and education on the importance of maintaining a healthy diet and body. Teenagers who prefer to eat foods that are not balanced in nutritional content (fat, salt, cholesterol, and sugar) without understanding that such foods are very dangerous if consumed too often in the long term, like consuming fast food, which is a result of increased prosperity and the influence of westernization) (Bowman et al., 2004).

The changes that occur in teenagers cause various problems and changes in eating behavior, both leading to healthy food behavior (balanced nutrition) and leading to unhealthy food behavior such as fast food ready meals (Proverawati, 2010). It can be seen that the more advanced the development of technology and information, the more food and drinks that are fast, such as junk food or drinks, are favored by all groups. All ages like junk food, including children, and also the elderly (Mentari, 2019). This can be proven by the increasing number of food outlets selling junk food that are crowded and often visited by buyers. The sale of junk food through advertisements on social media also plays a major role in increasing junk food consumption among community consumers, especially teenagers and children.

The rapid proliferation of fast food among adolescents has prompted educators to pay attention to the effects caused by fast food, ranging from mild symptoms like dizziness and nausea to serious issues. In addition, there are many risks that occur due to the lack of knowledge about the safety of fast food (Aminah dan Hidayah, 2004). This becomes a consideration for educators to promote healthy food. In essence, healthy food is an effort undertaken to convey health messages to the community, groups, or individuals. (Notoatmojo,2012).

This research focuses on the impact that frequent consumption of fast food, specifically junk food, can have and how education can serve as a medium for promoting healthy food, because without us realizing it, fast food and beverages can lead to chronic diseases if consumed excessively. Fast food, when consumed over a long period, causes addictive substances to accumulate in the body and result in serious health issues. We must be able to provide detailed information that is easily understood by teenagers and all groups about the negative impacts that will result from consuming too much fast food and beverages, especially junk food. We should also adopt the habit of consuming healthy food that we prepare ourselves compared to fast food, because the healthy food we prepare ourselves can be measured and its nutritional content, which our body needs, can be better maintained.

METHOD

In this research, the method used is literature review. The literature review is implemented in a systematic stage following the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta Analysis) guidelines. A literature review provides an important description of the literature in a particular field, to state where gaps and weaknesses exist which distinguish the author's particular view, or which raises issues (Rowley & Slack, 2004). A literature review summarizes and describes fully and up-to-date information on a particular topic as found in scientific books and journal articles (Backman et al., 2002). The researchers used a flowchart to separate the studies that were used to obtain the appropriate preparation literature. An electronic database used in the article search included Google Scholars using the keywords: “dangerous diseases”, 'teenagers', 'fast food', and 'junk food'. The article search applied inclusion criteria. The inclusion criteria in this literature review were: research that has a link to the harmful effects that occur in adolescent children due to the consumption of fast food and junk food, articles published since 2020, and the subjects studied are teenagers. Articles found on Google Scholar were 20 journals but there were only 15 journals used as reference material.

FINDINGS AND DISCUSSION

No	Researcher	Publication Year	Research Title	Research Objectives
1	Siti Qomariyah Mulia Agung Hansen	2022	Study on Junk Food and Soft Drink Consumption as Causes of Type 2 Diabetes Mellitus in Adolescents	Collecting and analyzing articles related to junk food and soft drinks as causes of type 2 diabetes in adolescents.
2	Rita Cahyani Khofifah tiara Nurahmah Icha Fitriani Cristian Hutasoit	2024	The Influence of Fast Food on the Health of Students at the Institute of Technology Sumatra	Knowing the various impacts felt by students after consuming fast food
3	Hoirun Nisa Imanda Zein Fatihah Feny Oktovianty Tieneke Rachmawati Rika Mardiah Azhari	2020	Fast Food Consumption, Physical Activity, and Nutritional Status of Adolescents in South Tangerang City.	Aimed at understanding the relationship between fast food consumption and physical activity with the nutritional status of adolescents at SMK Negeri 2 South Tangerang City.
4	Ismi Aminatyas, Laras Sitoayu, Dudung Angkasa Nazhif Gifari Yulia Wahyuni	2021	The Relationship Between Fast Food Consumption, Stress Levels, and Sleep Quality on Nutritional Status Among Male High School Students in DKI Jakarta.	The purpose of the study is to determine the relationship between fast food consumption, stress levels, and sleep quality on nutritional status among male high school students in DKI Jakarta.
5	Nur Ainun	2024	Macronutrient Intake And	This study aimed to

	Demsa Simbolon			Obesity In Adolescents: A Meta-Analysis Study	determine the relationship between macronutrients, including carbohydrate, protein, and fat intake, and obesity in adolescents.
6	AAA Paramasatiari K A P Angela	L	2020	Correlation between Junk Food Consumption with Obesity in Children in West Denpasar, Bali Indonesia	This study aims to determine the relationship, between consumption of junk food and childhood obesity. relationship of consumption of junk food with obesity and multiple logistic regression analysis to control the influence of variables on parental education.
7	Bangkit Pratama	Ary	2023	Literature Review: Risk Factors for Obesity in Adolescents in Indonesia	The purpose of this literature review is to identify the risk factors for obesity in adolescents in Indonesia.
8	Ervira Dwiaprini As Syifa Ratna Djuwita		2023	Factors Associated with Overnutrition/Obesity Status in High School Students at Public Senior High Schools in Pekanbaru City.	The aim of this study is to analyze the factors associated with the incidence of overnutrition/obesity among high school students at public senior high schools in Pekanbaru City in 2023.

9	Navisyah Dwi Qurrotul 'Aini Andi Annisa Maharani Talitha Dwi Maharani Nabilah Shafa Nurannisa Chahya Kharin Herbawani	2023	The Risk of Obesity in Children Due to the Consumption of Fast Food and Junk Food: Literature Review.	This research aims to provide an overview of the extent of the obesity risk caused by the consumption of fast food and junk food in elementary school-aged children.
10	Windy Fira Thania Imas Arumsari Rahmatika Nur Aini	2023	Fast Food Consumption is Associated with Primary Dysmenorrhea in Adolescents in Urban Areas.	This study aims to determine the relationship between breakfast intensity, fast food consumption, and physical activity with the incidence of primary dysmenorrhea in adolescents aged 12 – 15 years.
11	Dhea Kirana , Bambang Wirjatmadi	2023	Literature Review: The Relationship Between Fast Food Consumption and Obesity in Adolescents.	The purpose of this article is to determine whether there is a correlation between fast food consumption and obesity in adolescents.
12	Fiolita Natasya Tijow Theo Mautang Agusteivie Telew	2024	The Relationship Between Physical Activity And Fast Food Consumption Habits With The Incidence Of Overweight In Adolescents At Smk Kristen 1 Tomohon	The purpose of this study is to determine the relationship between physical activity and fast food consumption habits with the incidence of overweight in adolescents

				at SMK Kristen 1 Tomohon.
13	Putri Hervilanti Nur Alam Fajar	2024	Literature Review: Analysis of Risk Factors Causing the Occurrence of Diabetes Mellitus in Adolescents.	The authors of this article aim to identify the risk factors causing the occurrence of diabetes mellitus in adolescents.
14	Leila Pebriani Agnes Frethernety Elsa Trinovita	2022	Literature Review: The Impact Of Junk Food Consumption On Obesity.	The purpose of conducting this literature review is to determine the impact of the frequency of junk food consumption on obesity when examined scientifically.
15	Denissa Alfora Erika Saori Lutfiah Nur Fajriah	2023	The influence of fast food consumption on adolescent nutrition.	The purpose of this research is to determine the effects that may arise from consuming fast food among teenagers.

CONCLUSION

Based on the results of the research table above, it can be concluded that fast food affects the health of the adolescent body, especially at the obesity stage because many fast foods contain excess sugars and fats that affect excessive blood sugar pressure which causes diseases such as diabetes mellitus, hypertension, and cholesterol. It is also influenced by an unhealthy lifestyle and the level of knowledge of the dangers of consuming fast food for a long time. The impact caused by eating fast food too often also makes teenagers lose the habit of eating healthy food it makes the child's appetite decrease, and it causes the body to lack balanced nutrition.

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