



The Relationship Between Dietary Patterns and Fast Food Consumption Habits and Nutritional Status of Adolescents at SMPN 1 Bangkinang in 2025

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Abstract

Nutritional status is the condition of the body after consuming food and the intake of nutrients needed by the body as a source of energy for growth and maintenance of body tissues. One factor that can influence nutritional status is diet. Dietary patterns are designed to meet nutritional needs; if they are not appropriate, they can result in excess or insufficient nutrient intake. Dietary patterns are a child's eating behavior, assessed from the frequency, type, timing, and variety of foods consumed throughout the day. Consumption habits *fast food* Currently, it is triggered by several factors that influence adolescent behavior in consuming fast food, such as nutritional knowledge, peer influence, comfortable places to gather, fast and practical, good taste, large pocket money, cheap prices, and *fast food* brands. *Fast food* Fast food or fast food can increase Body Mass Index (BMI) because it is high in calories, high in fat, high in sodium, and low in fiber. The purpose of this study was to analyze the relationship between diet and consumption habits *fast food* with nutritional status at SMPN 1 Bangkinang. This type of research is a nutritional research. *quantitative* with design *cross-sectional* This research was conducted on December 5-9 with a sample of 74 using the technique *stratified random sampling*. Data collection using questionnaires. Data analysis used is univariate and bivariate analysis with the test *Chi Square*. Univariate results obtained 46 respondents (62.2%) had poor eating patterns, 53 respondents (71.6%) had a habit of consuming fast food, 26 respondents (26.0%) had normal nutritional status. The test results *Chi Square* there is a relationship between diet and consumption habits *fast food* with nutritional status (p value = 0.004). The conclusion is that there is a significant relationship between eating patterns and fast food consumption habits with nutritional status at SMPN 1 Bangkinang in 2025. It is hoped that students will implement eating patterns and fast food consumption habits *fast food* well to prevent and reduce poor nutritional status at SMPN 1 Bangkinang.

Keywords: Eating patterns and fast food consumption habits, nutritional status

Abstract

Nutritional status is the condition of the body after consuming food and the intake of nutrients needed by the body as a source of energy for growth and maintenance of body tissues. One factor that can influence nutritional status is diet. Dietary patterns are formed to meet nutritional needs. If diets are not appropriate, they can result in excess or insufficient nutrient intake. Dietary pattern is a condition of a child's eating behavior viewed in terms of the frequency, type, timing, and variety of foods consumed in a day. Current fast food consumption habits are triggered by several factors that influence adolescent behavior in consuming fast food, such as nutritional knowledge, peer influence, comfortable gathering places, speed and convenience, delicious taste, large pocket money, low prices, and fast food brands. Fast food is able to increase body mass index (BMI) because it is high in calories, high in fat, high in sodium, and low in fiber. The purpose of this study was to analyze the relationship between eating patterns and fast food consumption habits and nutritional status at SMPN 1 Bangkinang. This study was quantitative with a cross-sectional design. This study was



conducted in 05-09 December with a sample of 74 respondents using a stratified random sampling technique. Data collection used a questionnaire. Data analysis used univariate and bivariate analysis with the Chi-Square test. The univariate results showed that 46 respondents (62.2%) had poor eating patterns, 53 respondents (71.6%) had habitual fast food consumption habits, and 26 respondents (26.0%) had normal nutritional status. The Chi-Square test results showed a relationship between eating patterns and fast food consumption habits and nutritional status ($p\text{-value} = 0.004$). Conclusion: There is a significant relationship between eating patterns and fast food consumption habits and nutritional status at SMPN 1 Bangkinang in 2025. It is recommended that students adopt good eating patterns and fast food consumption habits to prevent and reduce poor nutritional status at SMPN 1 Bangkinang.

Keywords: Eating patterns and fast food consumption habits, nutritional status

INTRODUCTION

Nutritional status is a crucial indicator of public health, particularly among adolescents. Globally, adolescent nutrition remains a serious issue. According to the World Health Organization (WHO), adolescents experience both undernutrition and overnutrition (Nurfatimah et al., 2025).

In Indonesia, adolescents still experience nutritional problems, including undernutrition and overnutrition (Lestari et al., 2020). Adolescent nutritional issues require special attention because they affect growth and development and impact adult nutritional problems. The increasing nutritional needs of adolescents are influenced not only by nutritional needs but also by changes in lifestyle, eating habits, psychology, and physical activity (Widiastuti & Widiyaningsih, 2023).

Malnutrition is caused by inadequate nutritional knowledge and a lack of understanding of good eating habits (Darmawati and Arumiyati, 2020). Many adolescent nutritional problems arise from inappropriate nutritional behaviors, such as an imbalance between nutrition and recommended dietary allowances. Energy and protein deficiencies impact the body, leading to obesity and chronic energy deficiency (malnutrition) (Dian Hafiza, Agnita Utmi, 2020).

Nutritional status is the condition of the body after consuming food and nutrients needed by the body as a source of energy for growth and tissue maintenance. Therefore, by understanding nutritional status results, actions can be taken to improve community health.

A person's nutritional status depends on their nutritional intake and needs. A balance of both can result in good nutritional status. Nutritional status itself is an indicator of a person's physical condition based on food intake and the body's utilization of the nutrients contained in that food (Santosa & Fatma, 2022).

Good or poor nutritional status depends on dietary patterns. A proper diet significantly influences adolescent growth. A healthy lifestyle, including regular exercise and a balanced diet, is crucial. Adolescence experiences remarkable changes physically, mentally, and socially. Reducing nutritional problems in adolescents requires a holistic approach involving various aspects, including interventions at the family, school, and neighborhood levels. Adolescent nutritional problems arise from inappropriate nutritional behavior, namely an imbalance between nutrient consumption and recommended nutritional adequacy. Nutritional problems that can occur in adolescents include malnutrition and obesity. Malnutrition occurs when the amount of energy and other nutrients consumed does not meet the body's needs. Overnutrition in adolescents is caused by poor eating habits, resulting in excessive energy intake (Kawatu, 2022).

Nutritional status assessments can be performed to determine whether the nutritional intake is balanced. A person is considered to have good nutritional status if the nutrient intake is balanced with the body's metabolic needs. Conversely, if nutrient intake exceeds the body's metabolic needs, the resulting nutritional status is overnutrition and can lead to obesity. Nutritional status can be measured using anthropometric methods.

One factor that can influence nutritional status is diet. Diet is a key factor in children's good nutritional status. A healthy daily diet can provide the nutrients needed to meet the body's needs



(Moksin et al., 2022). Adolescents' low intake of fruits and vegetables and increased consumption of fast food is a global problem in Africa, Asia, and the Americas, including Indonesia. A good diet for adolescents aged 13-15 involves consuming a balanced diet, including fruits, vegetables, whole grains, and low-fat protein. Processed foods and sugary drinks like soda should be avoided. Poor diets in adolescents are often characterized by the consumption of fast food, snacks high in sugar and fat, and a lack of fiber and other essential nutrients.

According to the World Health Organization (WHO, 2018). In the UK, the prevalence of overnutrition experienced by male adolescents is 22% and 23% in females. In the United States, the prevalence of overnutrition in adolescents aged 13-15 years is 20.5%. In Indonesia, the prevalence of undernutrition in adolescents aged 13-15 years is (11.1%) and the prevalence of overnutrition is (10.8%), the prevalence of balanced nutrition is (9.4%). The standard for nutritional status is based on the Body Mass Index (BMI) if the results show a figure <17.0 - 18.4 adolescents are categorized as thin, a figure of 18.5 - 25.0 adolescents are in the normal category, a figure ≥ 25.1 - 27.0 adolescents are categorized as obese.

Hutabarat (2023) explains that there are two factors considered to influence a person's nutritional status: direct causes such as food consumption and infectious diseases, and indirect causes such as nutritional knowledge, education, and income level (Knowledge et al., 2023). Hapsari et al. also argue that nutritional status, especially malnutrition, which is prone to children, can be caused by low income levels and an unbalanced food intake, which affects eating patterns (Lehan et al., 2023).

In 2023, the nutritional status of children in Indonesia showed that 69.4% were in the normal nutritional category, while 11.9% were overweight, and 7.5% were malnourished. These data illustrate significant variation in the nutritional status of children in the country, with the majority of children maintaining normal nutritional status.

The results of the 2018 Riskesdes assessment of the nutritional status of Riau adolescents nationally, based on the Body Mass Index (BMI) at the age of 13-15 years, showed that overnutrition status was 16.2%, and undernutrition status was 7.4% (Ministry of Health of the Republic of Indonesia, 2018).

Current fast food consumption habits are triggered by several factors that influence adolescent behavior in consuming fast food, such as nutritional knowledge, peer influence, comfortable places to hang out, speed and convenience, delicious taste, large pocket money, low prices, and fast food brands. The presence of fast food in the Indonesian food industry can influence eating patterns, especially adolescents (Hatta, 2019). Adolescents are included in the age group that is vulnerable to physical changes and often have inappropriate eating behaviors. Knowledge about nutrition in adolescents is very important so that adolescents have an understanding of nutrients, as well as the interaction between nutrients on nutritional status and health (Pantaleon, 2019).

Lifestyle changes have been shown to affect eating patterns and health. Lifestyle changes due to urbanization, globalization, and industrialization have led some Indonesians to favor fast food with unbalanced nutritional content. Inappropriate eating behaviors during adolescence lead to an imbalance between nutritional intake and recommended dietary allowances. This can lead to conditions that lead to overeating and malnutrition in adolescents (Mahathir et al., 2023).

Fast food is a type of packaged food that can be prepared easily. It can increase body mass index (BMI) because it is high in calories, fat, sodium, and low in fiber (Knowledge et al., 2023). Fast food typically consists of packaged side dishes such as instant noodles and nuggets, as well as Western food such as pizza, hamburgers, French fries, sausages, nuggets, seblak, otak-otak (fried fish cakes), meatballs, dumplings, batagor (fried meatballs), cimol (fried meatballs), kebabs, fried chicken, donuts, and drinks such as smoothies, iced tea, es teler (fried chicken soup), and many others. Fast food contains high levels of saturated fatty acids, which can damage the heart and kidneys, as well as the immune system.

Based on the initial survey conducted at SMPN 1 Bangkinang Kota, SMPN 2 Bangkinang Kota



on Wednesday, September 20, 2025 and SMPN 1 Bangkinang on May 9, 2025. With interviews with 10 students each in the three junior high schools, where the interviews were about eating patterns, fast food consumption habits, and nutritional status. At SMPN 1 Bangkinang Kota out of 10 students there are 2 students with poor eating patterns and 3 students have fast food consumption habits, they prefer to buy snacks at school rather than bring their own supplies from home, in the school canteen they like to eat snacks such as fried foods, meatballs, fried noodles, fried rice, miso, and drinks such as iced tea, colored water, syrup, glass drinks and many more. then from 10 students 3 students with obesity nutritional status with a threshold value of $\geq 25.1 - 27.0$, and 3 students with thin nutritional status with a threshold value of $< 17.0 - 18.4$. At SMPN 2 Bangkinang Kota from 10 students there are 4 students with poor eating patterns and 3 students have fast food consumption habits, then from 10 students 3 students with obesity nutritional status with a threshold value of $\geq 25.1 - 27.0$, and 3 students with thin nutritional status with a threshold value of $< 17.0 - 18.4$. At SMPN 1 Bangkinang by conducting interviews with 10 students where 4 students with poor eating patterns and 5 people who have fast food consumption habits, both at school and outside of school. They prefer to buy snacks at school rather than bring lunch to school, and their snacks at school are fried foods, fried noodles, fried rice, and drinks such as iced tea, packaged drinks, and pop ice. And the results of measuring body weight and height of 10 students show that the Body Mass Index (BMI) shows 5 students with a threshold value of > 25.00 with the obesity nutritional status category, and 5 students with a threshold value of ≤ 17.00 in the malnutrition status category. From the initial survey that has been conducted at the three junior high schools, there is SMPN 1 Bangkinang with students who have the highest eating patterns, fast food consumption habits, and nutritional status.

Based on the background description, the researcher is interested in researching "The Relationship Between Eating Patterns and Fast Food Consumption Habits with Nutritional Status in Adolescents at SMPN 1 Bangkinang in 2025"

RESEARCH METHODS

This research is analytical and uses a cross-sectional approach, where the independent variables (dietary patterns and fast food consumption habits) and the dependent variable (nutritional status) are studied simultaneously. This study aims to determine the relationship between dietary patterns and fast food habits (independent variables) and nutritional status (dependent variable).

RESULTS AND DISCUSSION

This study was conducted from December 5 to 9, 2025, and involved 74 adolescents at SMPN 1 Bangkinang. Data collected included independent variables (dietary patterns and fast food habits) and dependent variables (nutritional status), measured using a questionnaire. The data obtained during the study were subjected to univariate and bivariate analyses.

Respondent Characteristics

Table 4.1: Frequency Distribution of Respondents Based on Age at SMPN 1 Bangkinang in 2025.

No	Age	Frequency (F)	Percentage
1	12- 13	23	31.1%
2	13- 14	36	48.6%
3	15- 16	15	20.3%
Amount		74	100

Based on table 4.1, it can be seen that of the 74 respondents at SMPN 1 Bangkinang, the majority of respondents were aged 13-14 years, namely 36 (48.6%) respondents..



Table 4.2: Frequency Distribution of Respondents Based on Gender at SMPN 1 Bangkinang in 2025

No	Gender	Frequency (F)	Percentage
1	Woman	40	54.1%
2	Man	34	45.9%
Amount		74	100

Based on table 4.2, it can be seen that of the 74 respondents at SMPN 1 Bangkinang, the majority of respondents were female, namely 40 (54.1%) respondents.

Table 4.3: Frequency Distribution of Respondents by Class at SMPN 1 Bangkinang in 2025

No	Class	Frequency (F)	Percentage
1	VII	21	28.4%
2	VIII	25	33.8%
3	IX	28	37.8%
Amount		74	100

Based on table 4.3, it can be seen that of the 74 respondents at SMPN 1 Bangkinang, the majority of respondents were in class XI, namely 28 (37.8%) respondents.

Univariate Analysis

Univariate analysis was carried out to analyze the frequency distribution of each category in the independent variable (dietary patterns and fast food habits) and the dependent variable (nutritional status).

Table 4.4: Frequency Distribution of Respondents Based on Eating Patterns at SMPN 1 Bangkinang in 2025

No	Dietary habit	Frequency (F)	Percentage
1	Not good	42	56.8%
2	Good	32	43.2%
Amount		74	100

Based on table 4.4, it can be seen that of the 74 respondents at SMPN 1 Bangkinang, the majority of respondents had poor eating patterns, namely 42 (56.8%) respondents.

Table 4.5: Frequency Distribution of Respondents Based on Fast Food Consumption Habits at SMPN 1 Bangkinang in 2025

No	Fast Food	Frequency (F)	Percentage
1	Not accustomed to	50	67.6%
2	Used to	24	32.4%
Amount		74	100

Based on table 4.5, it can be seen that of the 74 respondents at SMPN 1 Bangkinang, the majority of respondents have a habit of consuming fast food, namely 50 (67.6%).

Table 4.6: Frequency Distribution of Respondents Based on Nutritional Status at



SMPN 1 Bangkinang in 2025			
No	Nutritional status	Frequency (F)	Percentage
1	Abnormal	47	63.5%
2	Normal	27	36.5%
Amount		74	100

Based on table 4.7, it can be seen that of the 74 respondents at SMPN 1 Bangkinang, the majority of respondents had abnormal nutritional status, namely 47 (63.5%) respondents.

Bivariate Analysis

Bivariate analysis is a method used to test the relationship between two variables, to determine whether there is a correlation between the independent variable (dietary patterns and fast food habits) and the dependent variable (nutritional status). This analysis was conducted using the chi-square test. A relationship exists between the two variables if the p-value is ≤ 0.05 , as shown in the table below:

Table 4.7: Relationship between Dietary Patterns and Nutritional Status at SMPN 1 Bangkinang in 2025

Dietary habit	Nutritional status				Total		<i>P Value</i>
	Abnormal	Normal					
	Nutritional status	Nutrition al status					
	N	%	n	%	N	%	
Not good	21	50.0	21	50.0	42	100	0.007
Good	26	81.2	6	18.8	32	100	
Total	47	63.5	27	36.5	74	100	

Table 4.7 shows that of the 42 respondents with poor dietary habits, 21 (50.0%) had normal nutritional status. Meanwhile, of the 32 respondents with good dietary habits, 26 (81.2%) had abnormal nutritional status.

Based on the Chi-square test with a 95% confidence level, the P-value was obtained (0.007 < 0.05). Therefore, it can be concluded that there is a significant relationship between dietary patterns and nutritional status at SMPN 1 Bangkinang.

Table 4.8: Relationship between Fast Food Consumption Habits and Nutritional Status at SMPN 1 Bangkinang in 2025

Bangkok in 2019							
Fast Food	Nutritional status				Total		P Value
	Abnormal	Normal					
	Nutritional status		Nutritional status				
	N	%	N	%	N	%	
Used to	26	52.0	24	48.0	50	100	0.004
Not	21	87.5	3	12.5	24	100	
accustomed to							
Total	47	63.5	27	36.5	74	100	

Table 4.8 shows that of the 24 respondents who were not accustomed to fast food, 21 (87.5%) had abnormal nutritional status. Meanwhile, of the 50 respondents who were accustomed to fast food, 24 (48.0%) had normal nutritional status.

Based on the Chi-square test with a 95% confidence level, the P-value was obtained (0.004 < 0.05). Therefore, it can be concluded that there is a significant relationship between fast food and nutritional status at SMPN 1 Bangkinang.



The Relationship between Dietary Patterns and Nutritional Status in Bangkinang SMPN 1 Bangkinang

The results of the analysis of the relationship between dietary patterns and nutritional status showed that of the 42 respondents with poor dietary patterns, 21 (50.0%) had normal nutritional status. Meanwhile, of the 32 respondents with good dietary patterns, 26 (81.2%) had abnormal nutritional status. Based on the Chi-square test with a 95% confidence level, the P-value was obtained ($0.007 < 0.05$). Therefore, it can be concluded that there is a significant relationship between dietary patterns and nutritional status at SMPN 1 Bangkinang.

According to the research assumptions, respondents with poor diet patterns were 36 (29.8%) but did not experience normal nutritional status due to high physical activity, namely calories remain balanced, fast metabolism, namely the body quickly burns energy, sufficient calories even though the quality of food is poor and genetic factors maintain stable body weight. Meanwhile, respondents with good diet patterns were 16 (9.8%) but experienced abnormal nutritional status due to problems with nutrient absorption so that nutrients are not absorbed optimally, certain diseases that affect metabolism or body weight, very low physical activity resulting in excess weight despite a good diet, a good diet but the portion does not match the needs and genetic or hormonal factors affect nutritional status.

Diet is the most important behavior that can influence nutritional status. This is because the quantity and quality of food and beverages consumed will influence nutritional intake, thus affecting individual and community health (Ministry of Health, 2024). Good nutritional status is achieved through a healthy diet, meaning that the needs for carbohydrates, fats, minerals, and proteins, as well as other nutrients, are successfully included on adolescents' plates. In reality, many adolescents in Indonesia still do not practice healthy eating habits, due to various factors, such as economic, educational, and environmental factors.

This research is also in line with the research conducted by Seri Murni Kawatu (2021) entitled "The Relationship between Dietary Patterns and Nutritional Status of Adolescents Aged 13-15 Years at the Al-Yusufiah Islamic Boarding School, Angkola Muaratais District in 2021. Based on the results of the study, it shows that the results of the chi-square test obtained a p value = (0.000), this identifies H_0 as rejected, meaning there is a relationship between dietary patterns and the nutritional status of adolescents aged 13-15 years at the Al-Yusufiah Islamic Boarding School, Angkola District.

Nutritional status in adolescents can be influenced by various factors, one of which is diet. A good diet should be accompanied by a balanced diet, meaning that nutrients are met according to the body's needs and obtained through daily food. One of the determinants of growth and development in adolescents is the amount of nutrients the body needs (Farlina et al., 2022). Most respondents' dietary patterns, in terms of type, frequency, and quantity of food, were insufficient or did not meet the recommended balanced nutrition guidelines.

The Relationship between Fast Food Consumption Habits and Nutritional Status at SMPN 1 Bangkinang

The results of the analysis of the relationship between fast food consumption habits and nutritional status showed that of the 24 respondents in fast food not accustomed there were 21 (87.5%) people with abnormal nutritional status. Meanwhile, of the 50 respondents in fast food habitual there were 24 (48.0%) people with normal nutritional status. Based on the Chi-square test with a 95% confidence level, the P-value was obtained ($0.004 < 0.05$). So it can be concluded that there is a significant relationship between Fast Food and nutritional status at SMPN 1 Bangkinang.

According to the research assumptions, respondents with habitual fast food consumption were 13 (7.4%) but had normal nutritional status due to high physical activity, balanced diet outside of fast food consumption times, good body metabolism, genetic or hereditary factors, frequency and certain types of fast food. Meanwhile, respondents who were not habitual fast food consumption were 8 (13.8%) but had abnormal nutritional status due to unbalanced diet, inappropriate physical



activity, health or metabolic problems, genetic or hereditary factors, poor sleep habits, economic and environmental factors.

Fast food is a type of packaged food that is practical, easy to serve, and can be prepared easily. Fast food can increase Body Mass Index (BMI) because it is high in calories, fat, sodium, and low in fiber (Cahyorini et al., 2022). Fast food typically consists of packaged side dishes such as instant noodles, nuggets, and western foods such as pizza, hamburgers, French fries, and many others. The presence of fast food in the Indonesian food industry can influence eating patterns, especially among adolescents (Hatta, 2019). Adolescents are an age group that is vulnerable to physical changes and often exhibits inappropriate eating behaviors.

Based on the research results, the fast food items most frequently consumed by students include ready-to-eat fried chicken, hamburgers, French fries, pizza, sausages, and nuggets. The high consumption of these foods is influenced by several factors, such as preferred taste, practical presentation, relatively affordable prices, and the ease of obtaining fast food around the school environment or through delivery services. The habit of consuming fast food excessively requires attention because it generally contains high amounts of calories, saturated fat, salt, and sugar, but is low in fiber, vitamins, and minerals. If consumed continuously without being balanced with a balanced nutritional diet, this habit can increase the risk of overweight, obesity, and various other health problems in students.

According to Amanda et al., (2025), fast food can increase Body Mass Index (BMI) because it is high in calories, fat, sodium, and low in fiber. Fast food usually consists of packaged side dishes such as instant noodles, nuggets, and western food, which usually includes pizza, hamburgers, French fries, and many others.

Fast food contains high levels of saturated fatty acids, which can damage the immune system. The presence of fast food in the Indonesian food industry can influence eating patterns, especially among adolescents. Adolescents are an age group vulnerable to physical changes and often exhibit inappropriate eating behaviors. Nutritional knowledge is crucial for adolescents to understand nutrients and the interactions between nutrients and their nutritional status and health (Hatta et al., 2019).

According to Amin et al., (2025) fast food is a type of food that is prepared and served quickly, often through a reheating process or processing method that minimizes preparation time. Fast food is generally sold in franchise restaurants that have standardized operational systems, allowing for the production of large quantities of food with high efficiency. The main characteristics of fast food are easy access, flavors tailored to market tastes, competitive prices, and practical packaging for carrying. Types of food included in the fast food category include burgers, fried chicken, French fries, pizza, instant noodles, and various carbonated or high-sugar drinks. Although it offers convenience to consumers, fast food often contains high levels of calories, saturated fat, sugar, and sodium, but is low in fiber, vitamins, and minerals that the body needs.

Fast food Foods generally contain very high calories in a small portion, which can lead to an energy surplus if consumed excessively. For example, a single hamburger with fries and a soda can contain more than 1,000 calories, which is nearly half to three-quarters of a teenager's daily energy needs. If consumed regularly without being balanced with a healthy diet and adequate physical activity, these excess calories will be stored as fat in the body, ultimately contributing to weight gain, obesity, and abnormal nutritional status (Rohana TS et al., 2022).

Furthermore, fast food consumption is also associated with poor overall eating habits. Studies show that adolescents who frequently eat at fast food restaurants tend to have more unhealthy eating patterns, including consuming high-calorie snacks between meals and consuming fewer fruits and vegetables. This further worsens the body's nutritional balance and increases the risk of nutritional deficiencies and other health problems. One of the main reasons why fast food contributes significantly to poor nutritional status is because it is high in calories but low in



nutrients. This eating pattern leads to an energy imbalance in the body, where the number of calories consumed far exceeds the number of calories burned through physical activity (Amin et al., 2025).

Peer influence emerged as a dominant factor driving fast food consumption. Most adolescents admitted to purchasing fast food more often when with friends than when eating alone. In the adolescent context, peers are a key socializing agent capable of shaping consumption patterns, including fast food preferences. In addition to peers, social media has also been shown to be a significant factor in shaping fast food consumption habits. This is supported by research (Khan et al., 2019) which shows that exposure to food advertisements on social media is positively correlated with increased consumption of high-calorie foods in adolescents.

The amount of pocket money a teenager receives can influence their food choices, as it is one factor influencing their consumption expenditures, including fast food purchases. A high amount of pocket money can lead to changes in food consumption behavior. Limited pocket money also limits food choices (Dhaneswara, 2017).

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