ABSTRACT

CORRELATION BETWEEN FAST FOOD CONSUMPTION AND DEFECATION IRREGULARITY AND BLOOD PRESSURE ON COLLEGE STUDENT OF ECONOMIC AND BUSINESS FACULTY LAMPUNG UNIVERSITY

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Fast food has many advantages especially fast presentment so it became a “belle” for modern society. But behind those advantages, there are many negative effects which arise if it consumed in a long term such as constipation, hypertension, obesity and coronary heart disease. The purpose of this study is to determine the relationship of fast food with irregular defecation and blood pressure in students of the Faculty of Economics and Business University of Lampung. This research design is analytical observational with cross sectional approach, with number of samples are 140 people whom taken by consecutive sampling method. Fast food consumption is measured by FFQ questionnaire, defecation irregularity is assessed by questionnaire and blood pressure is measured directly with sphygmomanometer. Research data is analyzed by univariat and bivariat within chi square test with $\alpha = 0.05$. From research result, it is obtained that most of responden often consume fast food (74.3%) with regular defecation habitual (76.4%) and normal blood pressure (80%). There is a correlation between fast food consumption with blood pressure ($p \leq 0.042$) and there is a correlation between fast food consumption with defecation irregularity ($p \leq 0.041$). The conclusion is there is a correlation between fast food consumption with blood pressure and defecation irregularity on college student of Economic and Business Faculty Lampung University.

Keywords: balance nutrition, blood pressure, defecation irregularity, fast food