

ABSTRAK

HUBUNGAN KEBIASAAN KONSUMSI MINUMAN MANIS DAN SENSITIVITAS RASA MANIS DENGAN INDEKS MASSA TUBUH PADA MAHASISWA JURUSAN ILMU GIZI UNSOED TAHUN 2023

Latar Belakang: Indeks Massa Tubuh merupakan antropometri untuk memantau status gizi usia 18 tahun ke atas. Indeks Massa Tubuh dapat dipengaruhi oleh beberapa faktor seperti konsumsi minuman manis dan sensitivitas rasa. Penelitian ini bertujuan untuk mengetahui hubungan kebiasaan konsumsi minuman manis dan sensitivitas rasa manis dengan Indeks Massa Tubuh pada Mahasiswa Jurusan Ilmu Gizi UNSOED tahun 2023.

Metode: Penelitian analitik observasional melalui pendekatan *cross sectional* dan *total sampling* sebanyak 134 mahasiswa usia 18-21 tahun. Data kebiasaan konsumsi minuman manis diambil melalui SQ-FFQ, sensitivitas rasa manis menggunakan uji ambang batas, dan Indeks Massa Tubuh dengan pengukuran antropometri. Analisis data menggunakan uji *Rank Spearman*.

Hasil: Mahasiswa memiliki asupan gula yang tergolong baik (69,4%), sensitivitas rasa manis pada konsentrasi 20 g/L (48,5%), dan Indeks Massa Tubuh yang normal (47%). Terdapat hubungan positif signifikan antara kebiasaan konsumsi minuman manis dan Indeks Massa Tubuh ($p = 0,048$, $r = 0,171$). Tidak terdapat hubungan signifikan antara sensitivitas rasa manis dan Indeks Massa Tubuh ($p = 0,367$).

Kesimpulan: Terdapat hubungan positif antara kebiasaan konsumsi minuman manis dan Indeks Massa Tubuh tetapi tidak terdapat hubungan antara sensitivitas rasa manis dan Indeks Massa Tubuh.

Kata kunci: kebiasaan konsumsi minuman manis dan sensitivitas rasa manis.

ABSTRACT

ASSOCIATION OF SWEET BEVERAGE CONSUMPTION HABITS AND SWEET TASTE SENSITIVITY WITH BODY MASS INDEX IN UNSOED NUTRITION SCIENCE STUDENTS IN 2023

Background: Body Mass Index is an anthropometric to monitor the nutritional status of 18 years and older. Body Mass Index can be affected by several factors such as consumption of sweet beverage and sweet taste sensitivity. This study aims to determine the relationship between sweet beverage consumption habits and sweet taste sensitivity with Body Mass Index in UNSOED Nutrition Science Students in 2023.

Methods: Observational analytical research through a cross sectional approach and a total sampling of 134 students aged 18-21 years. Data on sugary beverage consumption habits were taken through SQ-FFQ, sweetness sensitivity using a threshold test, and Body Mass Index with anthropometric measurements. Data analysis using the Rank Spearman test.

Results: Students had relatively good sugar intake (69,4%), sweet taste sensitivity at a concentration of 20 g/L (48,5%), and a normal Body Mass Index (47%). There is a significant positive relationship between sweet beverage consumption habits and Body Mass Index ($p = 0.048$, $r = 0.171$). There was no significant relationship between sweet taste sensitivity and Body Mass Index ($p = 0.367$).

Conclusion: There was a positive relationship between sweet beverage consumption habits and Body Mass Index but there was no relationship between sweet taste sensitivity and Body Mass Index.

Keywords: consumption habits of sugary drinks and sweetness sensitivity.

