

## ABSTRAK

### HUBUNGAN *NIGHT EATING SYNDROME*, PENGETAHUAN, SIKAP, DAN PERILAKU KONSUMSI MINUMAN MANIS DENGAN ASUPAN *SUGAR-SWEETENED BEVERAGES* PADA MAHASISWI UNIVERSITAS JENDERAL SOEDIRMAN

**Latar Belakang:** Prevalensi diabetes melitus (DM) pada perempuan dalam 5 tahun terakhir mengalami peningkatan. Salah satu faktor penyebab DM adalah konsumsi *sugar-sweetened beverages* (SSBs) berlebih. Pengetahuan, sikap, dan perilaku (PSP) yang baik diperlukan untuk menunjang gaya hidup sehat. Salah satu gaya hidup yang tidak sehat adalah *night eating syndrome* (NES). Penelitian ini bertujuan untuk mengetahui hubungan NES dan PSP terkait konsumsi minuman manis terhadap asupan SSBs pada mahasiswa.

**Metodologi:** Penelitian menggunakan desain *cross-sectional* dengan teknik sampling *purposive sampling* dan diperoleh sampel sejumlah 120 mahasiswa. Data karakteristik responden dan PSP diperoleh melalui kuesioner karakteristik responden dan KAP SSBs. Data NES diperoleh dari pengisian kuesioner NES melalui *Google Form* dan asupan SSBs berdasarkan *7-days fluid record* di aplikasi *My Fluid Diary*. Analisis statistik menggunakan uji *Rank Spearman*.

**Hasil Penelitian:** Sebanyak 45% responden mengalami NES, mayoritas responden memiliki skor pengetahuan yang tinggi (75,2%), sikap positif (80,7%), perilaku baik terkait minuman manis (56,9%), dan asupan gula dalam SSBs mayoritas responden (56%) tergolong tinggi. Hasil uji *Rank Spearman* menunjukkan ada hubungan antara NES dan perilaku terhadap konsumsi SSBs ( $p < 0,05$ ), sementara itu tidak ada hubungan antara pengetahuan dan sikap terhadap asupan SSBs ( $p > 0,05$ ).

**Kesimpulan:** Terdapat hubungan antara NES dan perilaku konsumsi minuman manis dengan asupan SSBs

**Kata kunci:** *Night-eating syndrome*, pengetahuan, sikap, perilaku, *sugar-sweetened beverages*

## **ABSTRACT**

### **THE ASSOCIATION BETWEEN NIGHT EATING SYNDROME, KNOWLEDGE, ATTITUDE, AND PRACTICE TOWARDS SWEET BEVERAGES WITH SUGAR SWEETENED BEVERAGES CONSUMPTION IN FEMALE COLLEGE OF JENDERAL SOEDIRMAN UNIVERSITY**

**Background:** The prevalence of diabetic mellitus (DM) over the past 5 years has increased. Sugar-sweetened beverages(SSBs) consumption is the one of many factors which causing DM. Good knowledge, attitude, and practice (KAP) are necessary to support a healthy lifestyle. Night eating syndrome(NES) is an example of unhealthy lifestyle. This research aims to assess the relationship between NES and KAP towards sweet beverages with consumption in female college students.

**Method:** A cross-sectional design was used and sample was selected using a purposive sampling technique ( $n = 120$  female college students). Participant characteristics and KAP were obtained by characteristics questionnaire and KAP SSBs. NES was obtained by Night Eating Questionnaire (NEQ) through Google Form and 7-days fluid records in My Fluid Diary. Statistical analysis using Rank Spearman correlation test.

**Results:** About (45%) of respondents had NES, the majority of respondents had a high total score in knowledge (75,2%), positive attitude (80,7%), dan good practice (56,9%) towards sweet beverages, sugar consumptions in SSBs was high in majority of respondents (56). There was a significant correlation between NES and practice with SSBs consumption ( $p < 0,05$ ), meanwhile there was no significant correlation between knowledge and attitude with SSBs consumption ( $p > 0,05$ ).

**Conclusion:** There was a significant relationship between NES and practice towards sweet beverages with SSBs consumption.

**Key Words:** Night-eating syndrome, knowlegde, attitude, practice, sugar-sweetened beverages

