

Abstrak

HUBUNGAN PENGETAHUAN MINUMAN BERPEMANIS, TINGKAT KONSUMSI DAN ASUPAN GULA MINUMAN MANIS DENGAN STATUS GIZI PADA REMAJA DI BANYUMAS

Latar Belakang : Gizi lebih pada wilayah Banyumas merupakan permasalahan gizi yang perlu ditangani. Pada tahun 2018 permasalahan gizi lebih di Banyumas memiliki prevalensi sebesar 52,9%. Konsumsi minuman manis menjadi salah satu faktor yang mempengaruhi gizi lebih melalui rendahnya pengetahuan. Penelitian bertujuan untuk mengetahui hubungan pengetahuan minuman berpemanis dan tingkat konsumsi minuman manis dengan status gizi pada remaja di Banyumas.

Metodologi : Penelitian *Cross Sectional* melibatkan 100 remaja SMA Negeri 1 Jatilawang dan SMA Negeri 2 Purwokerto dilakukan pada bulan Mei 2024. Pengambilan data melalui wawancara menggunakan kuesioner pengetahuan minuman berpemanis dan SQ – FFQ minuman berpemanis pada satu bulan terakhir. Peneliti melakukan pengukuran antropometri (TB dan BB) kepada responden guna untuk mengetahui status gizi.

Hasil penelitian : Hasil uji *Chi Square* menunjukkan terdapat hubungan antara pengetahuan minuman berpemanis dengan status gizi ($p = 0,025$). Terdapat hubungan antara tingkat konsumsi minuman berpemanis dengan status gizi ($p = 0,049$). Tidak terdapat hubungan antara rata - rata asupan gula terhadap status gizi ($p = 0,111$).

Kesimpulan : Terdapat hubungan pengetahuan minuman berpemanis dengan status gizi dan terdapat hubungan antara tingkat konsumsi minuman berpemanis dengan status gizi. Tidak terdapat hubungan konsumsi asupan gula dari minuman berpemanis dengan status gizi.

Kata Kunci : Minuman manis, pengetahuan minuman berpemanis, status gizi

Abstract

THE RELATIONSHIP OF KNOWLEDGE OF SWEETED BEVERAGES, CONSUMPTION LEVELS AND SUGAR INTAKE OF SWEET BEVERAGES WITH NUTRITIONAL STATUS IN ADOLESCENTS IN BANYUMAS

Background : Overnutrition in the Banyumas area is a nutritional problem that needs to be addressed. In 2018, the problem of overnutrition in Banyumas had a prevalence of 52.9%. Consumption of sweet drinks is one of the factors that influences overnutrition through low knowledge. The research aims to determine the relationship between knowledge of sweetened drinks and the level of consumption of sweetened drinks with the nutritional status of adolescents in Banyumas.

Methods : Cross Sectional research involving 100 teenagers from SMA Negeri 1 Jatilawang and SMA Negeri 2 Purwokerto was conducted in May 2024. Data were collected through interviews using a questionnaire on knowledge of sweetened drinks and SQ – FFQ of sweetened drinks in the last month. Researchers carried out anthropometric measurements (TB and BW) on respondents in order to determine nutritional status.

Results : Chi Square test results show that there is a relationship between knowledge of sweetened drinks and nutritional status ($p = 0.025$). There is a relationship between the level of consumption of sweetened drinks and nutritional status ($p = 0.049$). There was no relationship between average sugar intake and nutritional status ($p = 0.111$).

Conclusion : There was relationship between knowledge of sweetened drinks and nutritional status and there is a relationship between the level of consumption of sweetened drinks and nutritional status. There was no relationship between sugar intake from sweetened drinks and nutritional status.

Keyword : Knowledge of sweetened drinks, sweet drinks, nutritional status