

Abstrak

HUBUNGAN ANTARA KONSUMSI *SUGAR SWEETENED BEVERAGES* (SSB) DAN *SCREEN TIME* DENGAN INDEKS MASSA TUBUH (IMT) PADA MAHASISWA UNIVERSITAS JENDERAL SOEDIRMAN

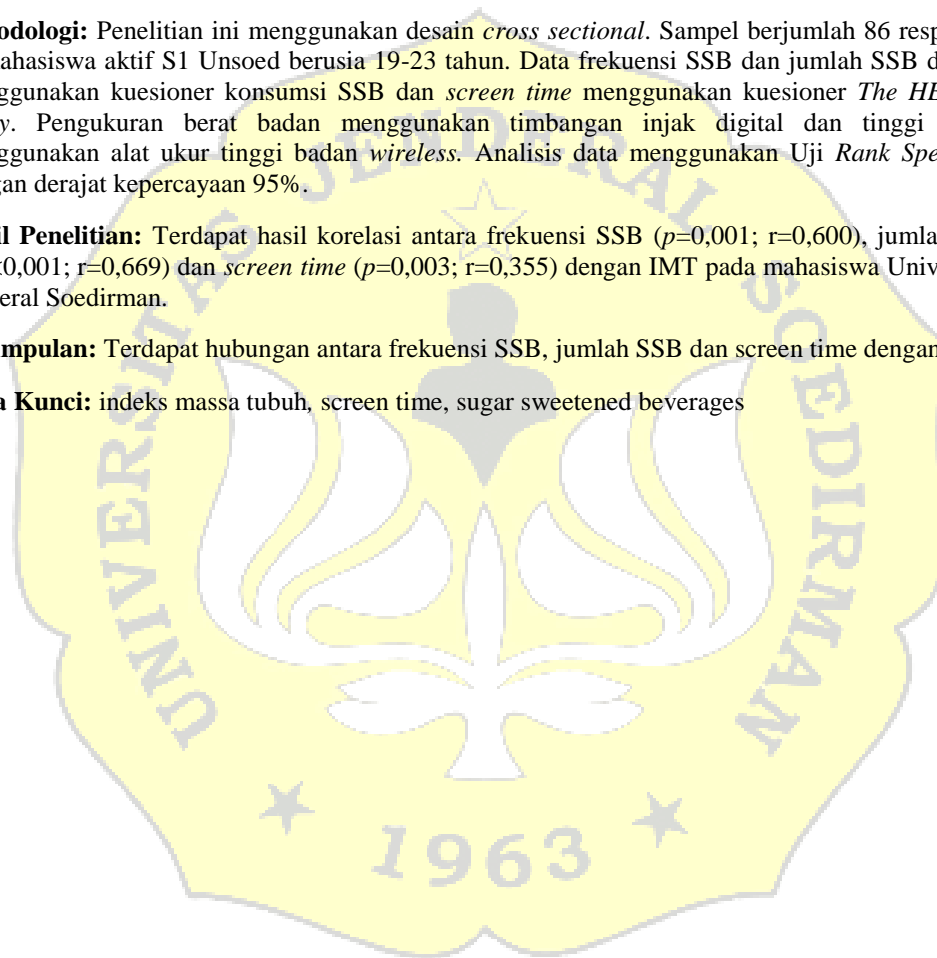
Latar Belakang: Pergeseran gaya hidup mahasiswa ke arah peningkatan asupan Sugar Sweetened Beverages (SSB) yang diiringi dengan peningkatan screen time berisiko meningkatkan Indeks Massa Tubuh (IMT). Peningkatan IMT memiliki risiko terkena penyakit degeneratif seperti jantung koroner, diabetes melitus, penyakit hati dll. Penelitian ini bertujuan untuk menganalisis hubungan SSB dan *screen time* dengan IMT pada mahasiswa Universitas Jenderal Soedirman.

Metodologi: Penelitian ini menggunakan desain *cross sectional*. Sampel berjumlah 86 responden di mahasiswa aktif S1 Unsoed berusia 19-23 tahun. Data frekuensi SSB dan jumlah SSB diambil menggunakan kuesioner konsumsi SSB dan *screen time* menggunakan kuesioner *The HELENA Study*. Pengukuran berat badan menggunakan timbangan injak digital dan tinggi badan menggunakan alat ukur tinggi badan *wireless*. Analisis data menggunakan Uji *Rank Spearman* dengan derajat kepercayaan 95%.

Hasil Penelitian: Terdapat hasil korelasi antara frekuensi SSB ($p=0,001$; $r=0,600$), jumlah SSB ($p=<0,001$; $r=0,669$) dan *screen time* ($p=0,003$; $r=0,355$) dengan IMT pada mahasiswa Universitas Jenderal Soedirman.

Kesimpulan: Terdapat hubungan antara frekuensi SSB, jumlah SSB dan *screen time* dengan IMT.

Kata Kunci: indeks massa tubuh, *screen time*, *sugar sweetened beverages*



Abstract

CORRELATION BETWEEN CONSUMPTION SUGAR SWEETENED BEVERAGES (SSB) AND SCREEN TIME WITH BODY MASS INDEX (BMI) IN JENDERAL SOEDIRMAN UNIVERSITY STUDENTS

Background: A shift in student lifestyle towards increased Sugar Sweetened Beverages (SSB) intake accompanied by increased screen time risks increasing (Body Mass Index) BMI. Excessive BMI has a risk of developing degenerative diseases such as coronary heart disease, diabetes mellitus, liver disease, etc. This research to analyze the relationship between SSB and screen time with BMI in Unsoed students.

Methods: This study used cross sectional design. The sample was 86 active Unsoed undergraduate student aged 19-23 years. Data on SSB frequency and amount of SSBs were taken using the SSB consumption questionnaire and screen time using The HELENA Study questionnaire. Measurement of body weight using digital scale and height using wireless measuring instrument. Data analysis uses the Spearman Rank Test with a confidence level of 95%.

Result: The result this a relationship between frequency of SSB ($p=0.001$; $r=0.600$), amount of SSB ($p<0.001$; $r=0.669$) and screen time ($p=0.003$; $r=0.355$) with BMI in Jenderal Soedirman University students.

Conclusion: There is a relationship between SSB frequency, amount of SSBs and screen time with BMI.

Keyword: body mass index, screen time, sugar sweetened beverages

