

ABSTRAK

PERBEDAAN PERSEN LEMAK TUBUH BERDASARKAN KONSUMSI MINUMAN BERPEMANIS DAN AKTIVITAS FISIK PADA WANITA USIA DEWASA *OVERWEIGHT-OBESE* DI KABUPATEN BANYUMAS

Latar Belakang: Status gizi *overweight-obese* dapat meningkatkan risiko peningkatan persen lemak tubuh. Salah satu faktor penyebabnya adalah konsumsi karbohidrat sederhana melalui minuman berpemanis dan aktivitas fisik. Penelitian ini bertujuan untuk mengetahui perbedaan persen lemak tubuh berdasarkan konsumsi minuman berpemanis dan aktivitas fisik pada wanita usia dewasa *overweight-obese* di Kabupaten Banyumas.

Metodologi: Desain penelitian ini adalah *cross-sectional* dengan total sampel 137 responden wanita usia 19-45 tahun Kabupaten Banyumas, memiliki $IMT \geq 25 \text{ kg/m}^2$ dengan teknik *purposive sampling*. Instrumen penelitian menggunakan *Semi-Quantitative Food Frequency Questionnaire* (SQ-FFQ) untuk konsumsi minuman berpemanis, *Global Physical Activity Questionnaire* (GPAQ) untuk aktivitas fisik, dan *Bio-Impedance Analysis* (BIA) untuk persen lemak. Analisis menggunakan *Mann-Whitney* dengan nilai signifikansi 0,05.

Hasil Penelitian: Hasil analisis menunjukkan jumlah paling banyak pada frekuensi konsumsi minuman berpemanis pada kategori sering (59,1%), asupan gula kategori tidak berlebih (89,8%), aktivitas fisik kategori *non-sedentary* (61,3%), IMT kategori *obese* (69,3%), dan seluruh responden berkategori *overfat* (100%). Hasil bivariat tidak menunjukkan terdapat perbedaan persen lemak tubuh berdasarkan frekuensi konsumsi minuman berpemanis, asupan gula, dan aktivitas fisik responden wanita usia dewasa *overweight-obese* di Kabupaten Banyumas dengan $p > 0,05$.

Kesimpulan: Tidak terdapat perbedaan persen lemak tubuh berdasarkan konsumsi minuman berpemanis dan aktivitas fisik pada wanita usia dewasa *overweight-obese* di Kabupaten Banyumas.

Kata Kunci: Aktivitas Fisik, Minuman Berpemanis, Persen Lemak

ABSTRACT

DIFFERENCES IN BODY FAT PERCENTAGE ACCORDING TO SUGAR-SWEETENED BEVERAGE CONSUMPTION AND PHYSICAL ACTIVITY IN OVERWEIGHT-OBESE REPRODUCTIVE WOMEN IN BANYUMAS REGENCY

Background: Overweight-obese can cause the risk of increasing body fat percentage. One of the contributing factors is the consumption of simple carbohydrates through sugar-sweetened beverages and physical activity. This study aims to determine differences in body fat percentage based on consumption of sweetened drinks and physical activity in overweight-obese adult women in Banyumas Regency.

Methods: Cross-sectional design was conducted by selecting 137 female respondents in Banyumas regency aged 19-45 years, having a BMI \geq 25 kg/m² using a purposive sampling technique. Data were collected using Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ) of Sugar-sweetened beverages, Global Physical Activity Questionnaire (GPAQ) for physical activity, and Bio-Impedance Analysis (BIA) for body fat. The data was analyzed using Mann-Whitney with a significance value of 0.05.

Results: The result showed that the highest frequency of sugar-sweetened beverages is in the frequent category (59.1%), sugar intake in the non-excessive category (89.8%), physical activity in the non-sedentary category (61.3%), BMI in the category obese (69.3%), and all respondents were in the overfat category (100%). Bivariate results did not show a difference in body fat percentage based on the frequency of consumption of sugar-sweetened beverages, sugar intake, and physical activity of overweight-obese adult women in Banyumas Regency with $p > 0.05$.

Conclusion: There is no difference in body fat percentage based on consumption of sweetened drinks and physical activity in overweight-obese adult women in Banyumas Regency.

Keywords: Body Fat Percentage, Physical Activity, Sugar-sweetened Beverages