

Korelasi frekuensi konsumsi minuman ringan berpemanis dengan kadar trigliserida dan visceral fat rating pada remaja putri = Correlation between consumption frequency of sugar-sweetened beverages with triglyceride levels and visceral fat rating in female adolescence

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Abstrak

Minuman ringan berpemanis adalah minuman ringan yang diberi tambahan gula sederhana yang dapat menambah kandungan energi. Trigliserida merupakan salah satu bentuk simpanan lemak di dalam tubuh. Konsumsi minuman ringan berpemanis dapat meningkatkan kadar trigliserida melalui peningkatan lipogenesis *de novo*. Lemak viseral adalah lemak yang terdapat pada rongga abdomen yang diketahui merupakan faktor risiko tinggi untuk penyakit metabolik di kemudian hari. Penelitian ini bertujuan untuk mengetahui korelasi antara frekuensi konsumsi minuman ringan berpemanis dengan kadar trigliserida dan visceral fat rating pada remaja putri. Penelitian ini menggunakan disain potong lintang dengan melibatkan 47 subjek yang direkrut melalui metode consecutive sampling. Frekuensi minuman ringan berpemanis diambil dengan metode FFQ. Sampel kadar trigliserida diambil dari darah tanpa puasa dan diukur menggunakan metode enzymatic colorimetric. Visceral fat rating diukur menggunakan BIA. Uji statistik menggunakan uji korelasi Pearson dan Spearman dengan SPSS. Subjek rata-rata mengonsumsi minuman ringan berpemanis sebanyak 8,91 $\pm$ 4,71 kali/minggu. Nilai rata-rata kadar trigliserida subjek adalah 110,49 $\pm$ 41,49 mg/dL. Nilai tengah visceral fat rating subjek adalah 3 (1 - 11) termasuk dalam kategori sehat. Pada penelitian ini didapatkan hasil korelasi positif bermakna dengan derajat sangat kuat ($p = <0,001$, $r = 0,88$) antara frekuensi konsumsi minuman ringan berpemanis dengan kadar trigliserida dan korelasi positif bermakna dengan derajat sedang ($p = 0,003$, $r = 0,426$) antara frekuensi konsumsi minuman ringan berpemanis dengan visceral fat rating.

Sugar sweetened beverages are beverages that are given an addition of simple sugar so they can add energy content. Triglycerides are one form of fat deposits in the body. Consumption of sugar sweetened beverages can increase triglyceride levels through increasing *de novo* lipogenesis. Visceral fat, which is located in the abdominal cavity, is known to be a high risk factor for metabolic diseases in the future. This study aims to determine the correlation between consumption frequency of sugar sweetened beverages with triglyceride levels and visceral fat rating in female adolescence. This study used a cross-sectional design involving 47 subjects recruited through a consecutive sampling method. The frequency of sugar sweetened beverages is taken by FFQ method. Triglyceride levels were taken from blood without fasting and measured using enzymatic colorimetric method. Visceral fat rating measured using BIA. Statistical test using Pearson and Spearman correlation test with SPSS. The average of subject that consumed sweetened soft drinks as much as 8.91 $\pm$ 4.71 times / week. The average subject triglyceride levels 110.49 $\pm$ 41.49 mg / dL. The median of the subject's visceral fat rating are 3 (1 - 11) is included in the healthy range. In this study a significant positive correlation was strongly found ($p = <0.001$, $r = 0.88$) between the consumption frequency of sweetened soft drinks and triglyceride levels and a positive correlation with moderate degrees ($p = 0.003$, $r = 0.426$) between consumption frequency of sugar sweetened beverages and visceral fat rating.