

Faktor-Faktor yang Berhubungan dengan Konsumsi Sugar Sweetened Beverages pada Siswa/i SMA Kristen Karunia Jakarta Pusat Tahun 2024 = Factors Associated with Consumption of Sugar Sweetened Beverages among Karunia Christian High School Students, Central Jakarta in 2024

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Abstrak

Sugar sweetened beverages merupakan minuman dengan berbagai macam gula tambahan. SSBs tinggi kalori, tetapi sangat rendah kandungan zat gizi lainnya. Konsumsi SSBs berlebihan menyebabkan kecanduan, beban glikemik tinggi, peningkatan berat badan dan risiko penyakit tidak menular, hingga gangguan psikologis. Remaja merupakan kelompok usia rentan dengan tingkat konsumsi SSBs tinggi. Penelitian ini bertujuan untuk mengetahui gambaran konsumsi SSBs dan berbagai faktor yang berhubungan dengan konsumsi SSBs pada siswa/i SMA Kristen Karunia. Desain studi yang digunakan adalah cross-sectional pada bulan April 2024 dengan sebanyak 134 responden di SMA Kristen Karunia Jakarta Pusat yang diperoleh melalui total sampling. Pengumpulan data dilakukan melalui pengisian kuesioner. Analisis data dilakukan secara univariat, bivariat dengan uji Chi square, dan multivariat dengan regresi logistik ganda. Hasil penelitian menunjukkan 49,3% siswa/i memiliki tingkat konsumsi SSBs tinggi (250 ml/hari). Hasil analisis bivariat menunjukkan bahwa terdapat hubungan signifikan antara pengetahuan terkait SSBs (p-value 0,010; OR 2,778; 95% CI 1,329-5,807), ketersediaan SSBs di rumah (p-value 0,013; OR 2,588; 95% CI 1,274-5,256), dan pengaruh teman (p-value 0,000; OR 4,098; 95% CI 1,915-8,769) dengan konsumsi SSBs pada siswa/i SMA Kristen Karunia Jakarta Pusat. Faktor dominan konsumsi SSBs adalah pengaruh teman (OR=4,104). Siswa/i yang terpengaruh teman berpeluang 4,104 kali lebih tinggi memiliki tingkat konsumsi SSBs tinggi. Siswa/i disarankan membatasi konsumsi SSBs sehari-hari, mengganti konsumsi SSBs dengan air putih, serta saling mengingatkan teman untuk mengurangi konsumsi SSBs.

.....Sugar-sweetened beverages (SSBs) are drinks with various types of added sugars. SSBs are high in calories but very low in other nutrient content. Excessive consumption of SSBs causes addiction, high glycemic load, weight gain, risk of non-communicable diseases, and psychological disorders. Adolescents are a vulnerable age group with high levels of SSB consumption. This study aimed to determine the description of SSB consumption and various factors associated with SSB consumption among students of Karunia Christian High School. The study design used was cross-sectional in April 2024 with 134 respondents at Karunia High School Central Jakarta, obtained through total sampling. Data collection was done through questionnaires. Data analysis was performed univariately, bivariately using Chi-square test, and multivariately using multiple logistic regression. The results showed that 49,3% of students had high levels of SSB consumption (250 ml/day). The bivariate analysis results showed that there was a significant relationship between knowledge related to SSBs (p-value 0,010; OR 2,778; 95% CI 1,329-5,807), availability of SSBs at home (p-value 0,013; OR 2,588; 95% CI 1,274-5,256), and peer influence (p-value 0,000; OR 4,098; 95% CI 1,915-8,769) with SSB consumption among students of Karunia High School, Central Jakarta. The dominant factor for SSB consumption was peer influence (OR=4.104). Students who were influenced by peers were 4,104 times more likely to have high levels of SSB consumption. Students

are advised to limit their daily SSB consumption, replace SSB consumption with plain water, and remind each other to reduce SSB consumption.