

HUBUNGAN FREKUENSI KONSUMSI MINUMAN MANIS, AKTIVITAS FISIK, DAN STRESS TERHADAP GIZI LEBIH DI SMA MARTIA BHAKTI KOTA BEKASI

Rizki Novianty

Abstrak

Latar Belakang: Prevalensi gizi lebih remaja 16-18 tahun di Kota Bekasi mengalami peningkatan dari 2013-2018 yaitu 7,5 % menjadi 11,28 %. Kejadian gizi lebih pada remaja dapat dipengaruhi oleh asupan energi yang tidak seimbang, konsumsi minuman manis, aktivitas fisik dan stres. Gizi lebih pada usia remaja akan mengganggu prestasi akademik dan perkembangan kognitif. **Tujuan:** Menganalisis hubungan frekuensi konsumsi minuman manis, aktivitas fisik, dan stress terhadap gizi lebih di SMA Martia Bhakti Kota Bekasi. **Metode:** Penelitian cross-sectional dengan purposive sampling melibatkan 70 siswa. Data status gizi diperoleh dari pengukuran antropometri, frekuensi konsumsi minuman manis dari wawancara FFQ, aktivitas fisik dari kuesioner IPAQ, dan stres dari kuesioner PSS-10. Pengolahan data dilakukan dengan uji Spearman Rank dan korelasi Pearson. **Hasil:** Terdapat hubungan antara frekuensi konsumsi minuman manis (p value = 0,000), aktivitas fisik (p value = 0,028), dan stres (p value = 0,006) dengan gizi lebih. Nilai kekuatan korelasi frekuensi konsumsi minuman manis ($r = 0,711$), aktivitas fisik (-0,262) dan stres (0,323). **Kesimpulan:** Sehingga dapat disimpulkan terdapat hubungan antara frekuensi konsumsi minuman manis, aktivitas fisik, dan stres terhadap gizi lebih di SMA Martia Bhakti Kota Bekasi

Kata Kunci: Status Gizi Lebih, Konsumsi Minuman Manis, Aktivitas Fisik, Stress

RELATIONSHIP BETWEEN SUGAR SWEETENED BEVERAGES, PHYSICAL ACTIVITY, AND STRESS WITH OVERWEIGHT AT SMA MARTIA BHAKTI KOTA BEKASI

Rizki Novianty

Abstract

Background: The prevalence of overweight among adolescents 16-18 years in Kota Bekasi has increased from 2013 (7,5%) to 2018 (11,28). Overweight among adolescents can be affected by unbalanced energy intake, sugar sweetened beverages consumption, physical activity and stress. Overweight among adolescents will bother academic achievement and cognitive development. **The aim of study:** To analyse relationship between sugar sweetened beverages, physical activity, and stress with overweight in SMA Martia Bhakti Kota Bekasi. **Method:** Based on cross-sectional study with a purposive sampling involved 70 students. The nutritional status was assessed from anthropometry, SSB consumption were collected from FFQ interview, physical activity were collected from IPAQ questionnaire, and stress were collected from PSS-10 questionnaire. Data was analyzed using Spearman Rank and Pearson correlation test. **Result:** Based on statistical test result, where the test was obtained p value sugar sweetened beverages (p value = 0,000), physical activity (p value = 0,028), and stress (p value = 0,006) with overweight. Value the strength of correlation sugar sweetened beverages (r = 0,711), physical activity (-0,262), and stress (0,323). **Conclusion:** In conclude, SSB consumption, physical activity, and stres were associated with overweight at SMA Martia Bhakti Kota Bekasi.

Keywords: Overweight, Sugar Sweetened Beverages, Physical Activity, Stress