

HUBUNGAN KONSUMSI MINUMAN BERPEMANIS DENGAN RISIKO OBESITAS PADA REMAJA DI SMA NEGERI 53 JAKARTA

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Abstrak

Minuman berpemanis kemasan menempati posisi kedua dan ketiga dalam hal konsumsi minuman di Indonesia. Konsumsi gula sederhana berisiko 5,7 kali terhadap terjadinya obesitas. Hasil studi pendahuluan yang dilakukan pada 244 siswa kelas X di SMAN 53 Jakarta, prevalensi status gizi lebih pada siswa sebesar 24.1% dengan 18.4% diantaranya mengalami *overweight*. Penelitian ini bertujuan untuk mengetahui hubungan antara konsumsi minuman berpemanis dengan risiko obesitas pada remaja di SMA Negeri 53 Jakarta. Penelitian menggunakan uji *chi square* dengan pendekatan *cross sectional*, sampel berjumlah 221 responden yang dipilih sesuai kriteria melalui teknik *purposive sampling*. Data risiko obesitas didapatkan melalui pengukuran IMT, sedangkan konsumsi minuman berpemanis diukur berdasarkan frekuensi konsumsi minuman manis yang konversi menjadi asupan gula cukup (<50g/hari) dan asupan gula lebih (>50g/hari) melalui *Semi Quantitative Food Frequency*. Hasil analisis uji *chi square* didapatkan adanya hubungan antara konsumsi minuman berpemanis dengan risiko obesitas pada remaja di SMA Negeri 53 Jakarta. Siswa-siswi remaja dan pihak sekolah diharapkan dapat berkontribusi untuk membatasi dan mengontrol konsumsi minuman manis sebagai upaya menekan kejadian obesitas.

Kata Kunci: Minuman Berpemanis, Remaja, Risiko Obesitas.

THE RELATIONSHIP BETWEEN CONSUMPTION OF SWEETENED BEVERAGES AND THE RISK OF OBESITY IN ADOLESCENTS AT PUBLIC HIGH SCHOOL 53 JAKARTA

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Abstract

Sugar-sweetened beverages take second and third place in terms of beverage consumption in Indonesia. Consumption of simple sugars has a 5.7 times risk of obesity. The results of a preliminary study conducted on 244 class X students at SMAN 53 Jakarta, the prevalence of overweight status in students was 24.1% with 18.4% of them experiencing overweight. This study aims to determine the relationship between sugar-sweetened beverage consumption and the risk of obesity in adolescents at SMA Negeri 53 Jakarta. The study was conducted on 221 respondents who were selected according to the criteria determined through purposive sampling technique. Obesity risk data was obtained through measurement of BMI, while consumption of sugar-sweetened beverages was measured based on the frequency of consumption of sweetened beverages which was converted into sufficient sugar intake (<50g/day) and more sugar intake (>50g/day) through Semi Quantitative Food Frequency. The results of the chi square test analysis showed a relationship between consumption of sugar-sweetened beverages and the risk of obesity in adolescents at SMA Negeri 53 Jakarta. Adolescent students and schools are expected to contribute to limiting and controlling the consumption of sugary drinks as an effort to reduce the incidence of obesity.

Keywords: *Adolescents, Obesity Risk, Sugar Sweetened Beverages.*