

HUBUNGAN KONSUMSI MINUMAN BERPEMANIS DAN AKTIVITAS FISIK DENGAN STATUS GIZI LEBIH PADA MAHASISWA FAKULTAS ILMU KESEHATAN UPN “VETERAN” JAKARTA

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Abstrak

Gizi lebih merupakan masalah kesehatan masyarakat yang prevalensinya terus meningkat, termasuk pada kelompok dewasa muda seperti mahasiswa. Kondisi tersebut dipengaruhi oleh berbagai faktor, terutama gaya hidup, seperti kebiasaan mengonsumsi minuman berpemanis serta rendahnya aktivitas fisik. Kedua faktor tersebut dapat menyebabkan ketidakseimbangan energi yang berpotensi meningkatkan risiko terjadinya gizi lebih. Studi ini bermaksud mengkaji keterkaitan antara konsumsi minuman berpemanis serta aktivitas fisik terhadap status gizi lebih di kalangan mahasiswa Fakultas Ilmu Kesehatan UPN “Veteran” Jakarta. Riset tersebut mengaplikasikan desain potong lintang yang mengikutsertakan 103 mahasiswa melalui metode pengambilan sampel acak berstrata. Informasi mengenai konsumsi minuman berpemanis dihimpun memakai instrumen Semi *Quantitative Food Frequency Questionnaire* (SQ-FFQ), sementara aktivitas fisik dievaluasi dengan kuesioner *Global Physical Activity Questionnaire* (GPAQ). Evaluasi status gizi dikerjakan berlandaskan Indeks Massa Tubuh (IMT), lalu hubungan antar faktor diinvestigasi menggunakan pengujian Chi-Square. Temuan studi membuktikan absensinya hubungan bermakna antara konsumsi minuman berpemanis beserta status gizi lebih ($p = 0,271$). Di samping itu, aktivitas fisik pun gagal memperlihatkan asosiasi signifikan terhadap status gizi lebih ($p = 0,762$) pada mahasiswa Fakultas Ilmu Kesehatan UPN “Veteran” Jakarta.

Kata Kunci : Aktivitas fisik, Konsumsi minuman berpemanis, Mahasiswa, Status gizi lebih.

THE RELATIONSHIP BETWEEN SUGAR-SWEETENED BEVERAGE CONSUMPTION AND PHYSICAL ACTIVITY WITH OVERWEIGHT AND OBESITY STATUS AMONG STUDENTS OF THE FACULTY OF HEALTH SCIENCES UPN “VETERAN” JAKARTA

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Abstract

Increase, including among young adults such as university students. Overweight and obesity status is influenced by various factors, one of which is lifestyle behavior. High consumption of sugar-sweetened beverages and low levels of physical activity, which are common among university students, may increase the risk of overweight and obesity. This study aimed to analyze the relationship between sugar-sweetened beverage consumption and physical activity with overweight and obesity status among students of the Faculty of Health Sciences, UPN "Veteran" Jakarta. This study employed a cross-sectional design involving 103 students selected using a stratified random sampling technique. Sugar-sweetened beverage consumption was assessed using the Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ), physical activity was measured using the Global Physical Activity Questionnaire (GPAQ), and nutritional status was determined based on Body Mass Index (BMI). Data were analyzed using the Chi-square test. The results showed no significant relationship between sugar-sweetened beverage consumption and overweight and obesity status ($p = 0.271$) or between physical activity and overweight and obesity status ($p = 0.762$) among students of the Faculty of Health Sciences, UPN "Veteran" Jakarta. It was concluded that sugar-sweetened beverage consumption and physical activity were not significantly associated with overweight and obesity status among students of the Faculty of Health Sciences, UPN "Veteran" Jakarta.

Keywords: Physical Activity, Sugar-Sweetened Beverage Consumption, University Students, Overweight Status.