

**HUBUNGAN KEBIASAAN KONSUMSI MINUMAN MANIS DENGAN  
KADAR GULA DARAH PADA MAHASISWA JURUSAN GIZI  
POLTEKKES KEMENKES SURABAYA**

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**ABSTRAK**

**Latar belakang**, kadar gula darah tinggi menjadi masalah kesehatan yang epidemi di seluruh dunia. Indonesia mendapatkan peringkat kedua dengan jumlah penderita diabetes melitus tertinggi di Asia, serta prevalensi Kadar gula darah tinggi di Indonesia mengalami peningkatan dari tahun ke tahun hingga 2018 mencapai 6.9% di usia remaja. Salah satu dampak kadar gula tinggi yaitu kebiasaan konsumsi minuman manis secara berlebih. **Tujuan penelitian**, mengetahui hubungan kebiasaan konsumsi minuman manis dengan kadar gula darah pada Mahasiswa Jurusan Gizi Polekkes Kemenkes Surabaya. **Metode penelitian**, ini merupakan penelitian observasional dengan menggunakan pendekatan *cross sectional*. Jumlah populasi pada penelitian ini sebesar 303 orang, dan diambil secara acak sebesar 31 orang sebagai sampel dengan menggunakan Teknik *simple random sampling*. Data diperoleh dari data primer dan sekunder dengan instrument kuisioner SQ-FFQ dan pengecekan kadar gula darah. Uji statistic menggunakan uji spearman untuk mengetahui ada atau tidaknya hubungan kebiasaan konsumsi minuman manis dengan kadar gula darah. **Hasil penelitian**, menunjukkan frekuensi tertinggi responden dengan kebiasaan konsumsi minuman manis sering (48.4%), dan memiliki kadar gula darah normal (93.5%). Hasil uji statistik menunjukkan tidak ada hubungan bermakna antara kebiasaan konsumsi minuman manis dengan kadar gula darah ( $p= 0.164$ ). **Kesimpulan penelitian**, menunjukkan bahwa tidak ada hubungan antara kebiasaan konsumsi minuman manis dengan kadar gula darah pada mahasiswa Jurusan Gizi Poltekkes Kemenkes Surabaya.

*Kata Kunci : Konsumsi Minuman Manis, Kadar Gula Darah*

# **CORRELATION OF SWEET DRINK CONSUMPTION HABITS WITH BLOOD SUGAR LEVELS IN NUTRITION DEPARTMENT STUDENTS OF HEALTH POLYTECHNIC, SURABAYA**

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## **ABSTRACT**

**Background**, high blood sugar levels become an epidemic health problem throughout the world. Indonesia is ranked second with the highest number of people with diabetes mellitus in Asia, and the prevalence of high blood sugar levels in Indonesia has increased from year to year until 2018 reaching 6.9% in adolescence. One of the effects of high sugar levels is the habit of consuming sugary drinks in excess. **The purpose of the study** was to determine the relationship between the habit of consuming sweet drinks with blood sugar levels in the Nutrition Department Students of the Health Polek of the Ministry of Health Surabaya. **The research method**, this is an observational study using a *cross sectional approach*. The total population in this study was 303 people, and 31 people were taken randomly as a sample using *simple random sampling technique*. Data were obtained from primary and secondary data with the SQ-FFQ questionnaire instrument and checking blood sugar levels. The statistical test uses the Spearman test to determine whether or not there is a relationship between the habit of consuming sugary drinks and blood sugar levels. **The results** showed the highest frequency of respondents with the habit of consuming sugary drinks frequently (48.4%), and having normal blood sugar levels (93.5%). The results of statistical tests showed that there was no significant relationship between the habit of consuming sugary drinks and blood sugar levels ( $p = 0.164$ ). **The conclusion of the study**, showed that there was no relationship between the habit of consuming sugary drinks with blood sugar levels in students of the Department of Nutrition, Poltekkes, Ministry of Health, Surabaya.

*Keywords: Consumption of Sweet Drinks, Blood Sugar Levels*