

HUBUNGAN KEBIASAAN MENGGONSUMSI MINUMAN MANIS  
DENGAN STATUS KEHEMUKAN PADA REMAJA KELAS XI SMA  
DR.SOETOMO KOTA SURABAYA

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**ABSTRAK**

**Latar Belakang,** Overweight selaku masalah yang terbesar pada beragam kelompok umur, mencakup anak-anak ataupun remaja. Menurut data Riskesdas Jawa Timur (2018), prevalensi gizi lebih pada Kota Surabaya ialah 14,46% pada remaja usia 16-18 Tahun. Salah satu penyebab kegemukan adalah pola makan dan minum yang berlebihan. Faktor penyebab responden mengkonsumsi minuman manis yaitu dari faktor lingkungan dan paparan iklan serta aktivitas fisik yang kurang. **Tujuan Penelitian,** memahami hubungan kebiasaan mengkonsumsi minuman manis melalui status *overweight* pada remaja Kelas XI di SMA Dr.Soetomo Kota Surabaya. **Metode Penelitian,** ini selaku penelitian observasional analitik memakai pendekatan *cross sectional*, penghimpunan data penimbangan berat badan, pengukuran tinggi badan, pengisian FFQ minuman manis dengan cara wawancara. Jumlah sampel penelitian ini ialah 60 responden dari SMA Dr. Soetomo Kota Surabaya, melalui teknik pengambilan sampel acak sederhana. **Hasil Penelitian,** didapatkan sebagian besar responden berumur 16 tahun dan berstatus kegemukan memiliki kebiasaan mengkonsumsi minam manis kurang baik, serta terdapat hubungan antara konsumsi minuman manis melalui status kegemukan ( $p = 0,003$ ). **Kesimpulan Penelitian** menunjukkan adanya hubungan yang signifikan antara kebiasaan mengkonsumsi minuman manis melalui status kegemukan pada remaja Kelas XI di SMA. **Saran** membatasi mengkonsumsi minuman manis serta melakukan aktivitas fisik untuk mencegah terjadinya kegemukan.

**Kata kunci:** Status *overweight*, remaja, minuman manis

THE RELATIONSHIP BETWEEN SWEET DRINKS CONSUMPTION WITH  
OVERWEIGHT STATUS IN ADOLESCENT CLASS XI DR.SOETOMO HIGH  
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**ABSTRACT**

Background, Overweight is the biggest problem in various age groups, including children and adolescents. According to Rikesdas East Java data (2018), the prevalence of overnutrition in the city of Surabaya is 14.46% in adolescents aged 16-18 years. One of the causes of obesity is excessive eating and drinking patterns. Factors that cause respondents to consume sweet drinks are environmental factors and exposure to advertisements and lack of physical activity. The aim of the study was to determine the relationship between the habit of consuming sweet drinks and overweight status in Class XI adolescents at Dr.Soetomo High School, Surabaya City. Research Methods, this is an analytic observational study using a cross sectional approach, collecting data on weighing, measuring height, filling in the FFQ of sweet drinks by interview. The number of samples in this study were 60 respondents from SMA Dr. Soetomo City of Surabaya, with a simple random sampling technique. Research results, this was obtained from research that had been conducted that most of the respondents aged 16 years and were overweight had a bad habit of consuming sugary drinks, and there was a relationship between consumption of sugary drinks and obesity status ( $p = 0.003$ ). Conclusion The study showed that there was a significant relationship between the habit of consuming sweet drinks and obesity status in Class XI adolescents in high school. Suggestions limit consuming sweet drinks and do physical activity to prevent obesity.

Keywords: overweight status, adolescents, sweet drinks