

**HUBUNGAN KONSUMSI MINUMAN BERPEMANIS
DENGAN KEJADIAN GEMUK
PADA SISWA SDN Dr. SUTOMO V/327 SURABAYA**

ABSTRAK

Latar Belakang: Minuman berpemanis (*sugar-sweetened beverage*) adalah minuman yang diberi tambahan gula sederhana selama proses produksi yang dapat menambah kandungan energi, tetapi memiliki sedikit kandungan zat gizi lain. Diantara semua kelompok umur, anak usia sekolah berada di posisi teratas untuk kebiasaan mengonsumsi minuman berpemanis. Konsumsi gula dari minuman berpemanis mungkin dapat menyebabkan kegemukan.

Tujuan: Mengetahui hubungan konsumsi minuman berpemanis dengan kejadian gemuk pada siswa SDN Dr. Sutomo V/327 Surabaya. Penelitian ini merupakan studi *observasional analitik analitik* dengan desain *cross sectional study*.

Metode: pengambilan sample menggunakan *simple random sampling* pada siswa kelas 5. Data konsumsi minuman berpemanis diperoleh dari metode wawancara dengan menggunakan *Food Recall 2x24 jam* dan *Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ)*. Status gizi kegemukan menggunakan indikator IMT/U. Analisis data menggunakan Uji Korelasi *Spearman*.

Hasil: Penelitian didapatkan bahwa konsumsi minuman berpemanis berlebihan sebesar 52,3%, dan kejadian gemuk sebesar 43,2% dari seluruh responden.

Kesimpulan: Berdasarkan Uji Korelasi *Spearman*, tidak ada hubungan konsumsi minuman berpemanis dengan kejadian gemuk pada siswa SDN Dr. Sutomo V/327 Surabaya ($P > 0,05$).

Saran: Mengadakan penyuluhan tentang gizi seimbang pada siswa SDN Dr. Sutomo V/327 Surabaya dan kegiatan olahraga bersama di sekolah untuk mengurangi kejadian gemuk pada anak usia sekolah.

Kata kunci: minuman berpemanis, siswa sekolah dasar, gemuk

**CORRELATION OF SWEETENED-DRINK CONSUMPTION
WITH OVERWEIGHT PREVALENCE
IN ELEMENTARY SCHOOL DR. SUTOMO V / 327 SURABAYA**

ABSTRACT

Background: Sugar-sweetened beverage are drinks that are added with simple sugars during the production process that can increase energy content, but have a small amount of other nutrients. Among all age groups, school-age children are in the ultimate position for the habit of consuming sweetened drinks. Sugar consumption from sweetened drinks might cause overweight.

Objective: The purpose of the study was to study the relationship between sugar-sweetened beverage consumption and overweight event in elementary school Dr. Sutomo V/327 Surabaya. This research is an analytic observational study with cross sectional study design

Method: Sampling using simple random sampling in grade 5 students. Data on the consumption of sweetened beverages was obtained from the interview method using a 2x24 hour Food Recall and Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ). The nutritional status of obesity uses BMI / U indicators. Data analysis using the Spearman Correlation Test.

Results: The study found that the consumption of sweet drinks with an excess of 52.3%, and the incidence of fat by 43.2% of all respondents.

Conclusions: Based on the Spearman Correlation Test, there is no relationship between the consumption of sweetened drinks and the incidence of fat in students of SDN Dr. Sutomo V/327 Surabaya ($P > 0.05$).

Suggestion: Conduct counseling about balanced nutrition for students of SDN Dr. Sutomo V/327 Surabaya and joint sports activities at school to reduce the incidence of overweight in school-age children.

Keywords: sweetened drinks, elementary school students, overweight