

ABSTRAK

ADLINA QATRU NADA. Gambaran Konsumsi Minuman Kemasan Dan Status Gizi Remaja Di SMPN 5 Mandau. Dibimbing oleh YESSI ALZA, SST, M.BIOMED.

Konsumsi minuman kemasan berpemanis telah menjadi kebiasaan umum di kalangan remaja dan berpotensi meningkatkan risiko gangguan kesehatan termasuk kelebihan berat badan. Penelitian ini bertujuan untuk mengetahui gambaran konsumsi minuman kemasan dan status gizi remaja di SMPN 5 Mandau. Penelitian ini menggunakan desain *deskriptif kuantitatif* dengan pendekatan *cross sectional*. Sampel sebanyak 62 siswa dipilih menggunakan teknik *purposive sampling*, dan data dikumpulkan melalui kuesioner *Semi Quantitative Food Frequency Questionnaire* (SQ-FFQ) serta pengukuran antropometri. Hasil menunjukkan bahwa sebagian besar responden (96,8%) memiliki asupan gula dari minuman kemasan yang melebihi batas rekomendasi harian (>25 gram/hari), dengan rata-rata konsumsi mencapai 61.45 gram per hari. Status gizi berdasarkan indikator IMT/U menunjukkan bahwa 53,2% responden berada pada kategori gizi normal, 22,6% gemuk, 14,5% obesitas, 6,5% kurus, dan 3,2% sangat kurus. Proporsi remaja dengan status gizi lebih (gemuk dan obesitas) tergolong tinggi yaitu sebesar 37,1%. Hasil ini mengindikasikan adanya kecenderungan bahwa konsumsi tinggi gula dari minuman kemasan dapat memengaruhi peningkatan berat badan remaja. Oleh karena itu, diperlukan upaya edukasi gizi dan pembatasan konsumsi minuman kemasan berpemanis guna menjaga status gizi yang optimal.

Kata kunci: Minuman kemasan, gula, remaja, status gizi, IMT/U

ABSTRACT

ADLINA QATRU NADA. Overview of Packaged Beverage Consumption and Nutritional Status of Adolescents at SMPN 5 Mandau. Supervised by YESSI ALZA, SST, M.BIOMED.

The consumption of sugar-sweetened packaged beverages has become a common habit among adolescents and potentially increases the risk of health problems, including excess body weight. This study aimed to describe the consumption of packaged beverages and the nutritional status of adolescents at SMPN 5 Mandau. This was a descriptive quantitative study with a cross-sectional design. A total of 62 students were selected using purposive sampling. Data were collected through the Semi Quantitative Food Frequency Questionnaire (SQ-FFQ) and anthropometric measurements. The results showed that 96.8% of respondents consumed sugar from packaged beverages exceeding the recommended daily limit (>25 grams/day), with an average intake of 61.45 grams per day. Based on the BMI for age (BMI/A) indicator, 53.2% of respondents had a normal nutritional status, while 22.6% were overweight and 14.5% were obese. The proportion of adolescents with excessive nutritional status (overweight and obese) was relatively high at 37.1%. These findings indicate that high sugar intake from packaged beverages may influence nutritional status, particularly by increasing the risk of overweight. Therefore, nutrition education and reducing the consumption of sugar-sweetened beverages are essential to maintaining a healthy nutritional status in adolescents.

Keywords: Packaged beverages, sugar, adolescents, nutritional status, BMI for age