

ABSTRAK

MERI SYAFIRA. Gambaran Faktor Determinan Konsumsi Minuman Kemasan Berkarbonasi Dan Status Gizi pada Remaja SMP N 25 Pekanbaru. Dibimbing Oleh YESSI MARLINA

Konsumsi minuman kemasan berkarbonasi umum ditemukan di kalangan remaja karena mudah diakses, harga terjangkau, dan cita rasa yang disukai. Minuman ini mengandung gula tinggi dengan nilai gizi rendah, yang bila dikonsumsi berlebihan dapat berdampak negatif pada status gizi. Penelitian ini bertujuan mengetahui gambaran faktor determinan konsumsi minuman kemasan berkarbonasi dan status gizi remaja. Jenis penelitian adalah deskriptif dengan desain cross-sectional, dilakukan di SMP N 25 Kota Pekanbaru. Populasi penelitian adalah siswa kelas VII dan VIII yang dipilih dengan teknik sampling "*accidental*" dengan sampel 86 siswa. Pengambilan data faktor determinan (Paparan media sosial, Uang saku, Teman sebaya, Ketersediaan minuman kemasan berkarbonasi, Penggunaan app online, Harga, Tingkat kesukaan rasa) diperoleh menggunakan kuesioner dan pengukuran berat badan serta tinggi badan untuk menentukan status gizi berdasarkan Indeks Massa Tubuh menurut Umur (IMT/U). Hasil penelitian menunjukkan faktor determinan paparan media sosial dengan rentang 5 jam/hari (median); Uang saku dengan nilai tengah Rp. 12.000/hari; Pengaruh teman yang membeli menyatakan; sering (8,1%); Kadang-kadang (34,9%); Jarang (39,5%); Tidak pernah (17,4%); Ketersediaan minuman kemasan berkarbonasi dengan kategori Banyak sekali (11,6%); cukup banyak (52,3%); Sedikit (36,0%); Penggunaan app online menyatakan ya (45%); tidak (55%); Harga minuman berkarbonasi dengan kategori; sangat terjangkau (41,9%); Terjangkau (55,8%); tidak terjangkau (2,3%); Rasa minuman kemasan berkarbonasi dengan kategori sangat suka (11,6%); Suka (25,6%) "biasa" (47,7%); Tidak suka (7,0%); Sangat tidak suka (8,1%); Sebanyak 68,6% responden memiliki status gizi baik, 18,6% gizi lebih, gizi kurang 7,1%; Gizi buruk 5,8%. Siswa disarankan membatasi konsumsi minuman berkarbonasi. Sekolah dan orang tua perlu meningkatkan edukasi terkait dampak minuman tinggi gula.

Kata Kunci: Minuman berkarbonasi kemasan, remaja, status gizi, determinan

ABSTRAK

MERI SYAFIRA. Overview of Determinant Factors of Packaged Carbonated Beverage Consumption and Nutritional Status among Adolescents at SMP Negeri 25 Pekanbaru. Supervised by YESSI MARLINA.

Consumption of carbonated beverages is common among adolescents because they are easily accessible, affordable, and have a desirable taste. These beverages are high in sugar and low in nutritional value, which, when consumed in excess, can have a negative impact on nutritional status. This study aims to determine the determinants of carbonated beverage consumption and the nutritional status of adolescents. The study is descriptive in nature with a cross-sectional design, conducted at SMP N 25 Kota Pekanbaru. The study population consisted of seventh and eighth grade students selected using accidental sampling, with a sample size of 86 students. Data on determining factors (social media exposure, pocket money, peers, availability of carbonated beverages, use of online apps, price, taste preference) were obtained using questionnaires and measurements of weight and height to determine nutritional status based on Age-Specific Body Mass Index (IMT/U). The results of the study show the determining factors of social media exposure with a range of 5 hours/day (median); pocket money with a median value of Rp. 12,000/day; the influence of friends who buy, stating: often (8.1%); sometimes (34.9%); rarely (39.5%); never (17.4%); Availability of carbonated beverages in the following categories: Very abundant (11.6%); Quite abundant (52.3%); Scarce (36.0%); Use of online apps: Yes (45%); No (55%); Price of carbonated beverages in the following categories: Very affordable (41.9%); Affordable (55.8%); Unaffordable (2.3%); Taste of carbonated beverages in the following categories: Really like (11.6%); Like (25.6%); “Average” (47.7%); dislike (7.0%); strongly dislike (8.1%); 68.6% of respondents had good nutritional status, 18.6% were overweight, 7.1% were underweight; 5.8% were malnourished. Students are advised to limit their consumption of carbonated drinks. Schools and parents need to increase education regarding the impact of high-sugar drinks.

Keywords: Packaged sweetened beverages, adolescents, nutritional status, determinants