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HUBUNGAN ANTARA KONSUMSI MINUMAN MANIS DAN PERILAKU SEDENTARI DENGAN KEJADIAN GIZI LEBIH PADA MAHASISWA UNIVERSITAS NGUDI WALUYO

ABSTRAK

Latar Belakang: Prevalensi gizi lebih pada dewasa lebih dari 18 tahun berdasarkan Riset Kesehatan Dasar 2018 sebesar 20%. Gizi lebih di Indonesia diperkirakan terus mengalami peningkatan. Faktor yang mempengaruhi gizi lebih yaitu kebiasaan konsumsi minuman manis tinggi kalori dan kurangnya aktifitas fisik seperti perilaku sedentari.

Tujuan: Mengetahui hubungan antara konsumsi minuman manis dan perilaku sedentari terhadap kejadian gizi lebih pada mahasiswa Universitas Ngudi Waluyo.

Metode: Metode penelitian menggunakan pendekatan *cross sectional* yang dilakukan pada Desember 2023-Januari 2024 di Universitas Ngudi Waluyo. Sampel penelitian ini berjumlah 104 mahasiswa didapatkan menggunakan *proportional random sampling* dengan kriteria inklusi mahasiswa aktif Universitas Ngudi Waluyo berusia 18-25 tahun, dan bersedia menjadi responden, Sedangkan kriteria eksklusi mahasiswa keadaan sakit, memiliki penyakit infeksi/kronis, dan dirawat di rumah sakit seminggu sebelum pengambilan data. Pengambilan data melalui pengukuran berat badan menggunakan timbangan digital dan tinggi badan menggunakan *microtois*, wawancara konsumsi minuman manis menggunakan *Semi-Quantitative Food Frequency Questionnaires* (SQ-FFQ) dan wawancara perilaku sedentari menggunakan *Sedentary Behaviour Questionnaire* (SBQ). Analisis bivariat menggunakan analisis *kendall tau* ($\alpha=0.05$).

Hasil: Sebanyak 60 mahasiswa (57.7%) mengalami gizi lebih. Mahasiswa yang mengkonsumsi minuman manis kategori tinggi sebanyak 57 orang (54.8%), dan mahasiswa yang memiliki perilaku sedentari kategori tinggi yaitu sebanyak 82 orang (78.8%). Terdapat hubungan antara konsumsi minuman manis terhadap kejadian gizi lebih pada mahasiswa di Universitas Ngudi Waluyo ($r=0,308, p=0,001$). Terdapat hubungan antara perilaku sedentari terhadap kejadian gizi lebih pada mahasiswa di Universitas Ngudi Waluyo ($r=0,477, p=0,0001$).

Simpulan: Terdapat hubungan antara konsumsi minuman manis dan perilaku sedentari terhadap kejadian gizi lebih pada mahasiswa Universitas Ngudi Waluyo.

Kata Kunci: Gizi Lebih, Minuman Manis, Perilaku Sedentari, Mahasiswa

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THE RELATIONSHIP BETWEEN CONSUMPTION OF SUGARY DRINKS AND SEDENTARY BEHAVIOUR WITH THE INCIDENCE OF OVERNUTRITION IN NGUDI WALUYO UNIVERSITY STUDENTS

ABSTRACT

Background: The prevalence of overweight in adults over 18 years old based on the 2018 laporan Riset Kesehatan Dasar is 20%. Overweight in Indonesia is expected to continue to increase. Factors that influence overweight are the habit of consuming high-calorie sweet drinks and lack of physical activity such as sedentary behavior.

Objective: Knowing the relationship between consumption of sugary drinks and sedentary behavior on the incidence of overweight in Ngudi Waluyo University students.

Methods: The research method used a cross-sectional approach conducted in December 2023-January 2024 at Ngudi Waluyo University. The sample of this study amounted to 104 students obtained using proportional random sampling with the inclusion criteria of active students of Ngudi Waluyo University aged 18-25 years, and willing to become respondents, while the exclusion criteria for students were sick, had infectious / chronic diseases, and were hospitalized a week before data collection. Data were collected by measuring body weight using a digital scale and height using a microtois, interviewing sweetened beverage consumption using Semi-Quantitative Food Frequency Questionnaires (SQ-FFQ) and interviewing sedentary behavior using the Sedentary Behaviour Questionnaire (SBQ). Bivariate analysis used kendall tau analysis ($\alpha=0.05$).

Results: A total of 60 students (57.7%) experienced overweight. Students who consume sugary drinks in the high category are 57 people (54.8%), and students who have high sedentary behavior are 82 people (78.8%). There is a relationship between consumption of sugary drinks and the incidence of overweight students at Ngudi Waluyo University ($r=0.308$, $p=0.001$). There is a relationship between sedentary behavior and the incidence of overweight in students at Ngudi Waluyo University ($r=0.477$, $p=0.0001$).

Conclusion: There is a relationship between consumption of sugary drinks and sedentary behaviour on the incidence of overweight in students of Ngudi Waluyo University.

Keywords: Overweight, Sugary Drinks, Sedentary Behavior, College Students