

Universitas Ngudi Waluyo
Program Studi S1 Gizi, Fakultas Kesehatan
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HUBUNGAN KONSUMSI MINUMAN BERPEMANIS DENGAN PERSEN LEMAK TUBUH PADA REMAJA DI SMP NEGERI 3 UNGARAN

ABSTRAK

Latar Belakang : Konsumsi minuman berpemanis pada remaja semakin meningkat dan berpotensi memengaruhi komposisi tubuh, termasuk persen lemak tubuh. Kandungan gula sederhana dalam minuman berpemanis dapat meningkatkan asupan energi harian yang pada akhirnya berkontribusi terhadap penumpukan lemak tubuh.

Tujuan : Mengetahui hubungan konsumsi minuman berpemanis dengan persen lemak tubuh pada remaja di SMP Negeri 3 Ungaran

Metode : Penelitian ini merupakan penelitian analitik observasional dengan desain cross-sectional. Sampel penelitian berjumlah 105 responden yang dipilih menggunakan teknik *disproportionate random sampling*. Data konsumsi minuman berpemanis diperoleh menggunakan Eating Habits Questionnaire (EHQ) dan dinyatakan dalam ml/minggu. Persen lemak tubuh diukur menggunakan Bioelectrical Impedance Analysis (BIA). Analisis data menggunakan uji korelasi Spearman ($\alpha = 0,05$)

Hasil : Konsumsi minuman berpemanis responden memiliki median 3000 ml/minggu dengan nilai minimum 187,50 ml/minggu dan maksimum 10750,00 ml/minggu. Sebanyak 72,4% responden termasuk kategori konsumsi tinggi. Persen lemak tubuh memiliki median 22,0% dengan nilai minimum 8,60% dan maksimum 33,70 %, dengan mayoritas responden (73,3%) berada pada kategori normal. Hasil uji Spearman menunjukkan terdapat hubungan yang signifikan antara konsumsi minuman berpemanis dengan persen lemak tubuh ($p = 0,038$) dengan kekuatan hubungan lemah ($r = -0,203$).

Kesimpulan : Terdapat hubungan yang bermakna antara konsumsi minuman berpemanis dengan persen lemak tubuh pada remaja, meskipun kekuatannya tergolong lemah.

Kata Kunci : konsumsi gula, minuman berpemanis, persen lemak tubuh, remaja, status gizi.

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THE ASSOCIATION BETWEEN SUGAR-SWEETENED BEVERAGE CONSUMPTION AND BODY FAT PERCENTAGE IN ADOLESCENTS AT SMP NEGERI 3 UNGARAN

ABSTRACT

Background: The consumption of sugar-sweetened beverages among adolescents has been increasing and may affect body composition, including body fat percentage. The simple sugar content in sugar-sweetened beverages can increase daily energy intake, which may ultimately contribute to body fat accumulation.

Objective: To determine the association between sugar-sweetened beverage consumption and body fat percentage among adolescents at SMP Negeri 3 Ungaran

Methods: This study was an observational analytic study with a cross-sectional design. The sample consisted of 105 respondents. Data on sugar-sweetened beverage consumption were obtained using the Eating Habits Questionnaire (EHQ) and expressed in ml/week. Body fat percentage was measured using Bioelectrical Impedance Analysis (BIA). Data were analyzed using the Spearman correlation test with a significance level of $\alpha = 0.05$.

Results: The median consumption of sugar-sweetened beverages was 3000 ml/week, with a minimum of 187.50 ml/week and a maximum of 10,750.00 ml/week. A total of 72.4% of respondents were categorized as having high consumption. The median body fat percentage was 22.0%, with a minimum of 8.60% and a maximum of 244.90%, and the majority of respondents (73.3%) were in the normal category. The Spearman test showed a significant association between sugar-sweetened beverage consumption and body fat percentage ($p = 0.038$) with a weak correlation strength ($r = -0.203$).

Conclusion: There is a significant association between sugar-sweetened beverage consumption and body fat percentage in adolescents, although the strength of the correlation is weak.

Keywords: sugar-sweetened beverages, body fat percentage, adolescents, sugar consumption, nutritional status.