

# Hubungan antara faktor individu dan faktor lingkungan dengan kebiasaan konsumsi minuman bersoda pada siswa SMP Islam PB Soedirman Jakarta Timur tahun 2012 = Relations between individual and environmental factors to carbonated soft drink consumption behaviour of PB Soedirman Islamic School students in year 2012

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## Abstrak

Peningkatan konsumsi minuman bersoda secara terus menerus di kalangan remaja menimbulkan masalah kesehatan dan gizi. Tujuan penelitian ini untuk mengetahui hubungan antara faktor individu dan faktor lingkungan dengan kebiasaan konsumsi minuman bersoda pada siswa SMP Islam PB Soedirman Jakarta Timur. Penelitian ini menggunakan desain studi cross sectional yang dilakukan terhadap 124 siswa secara acak sistematis pada bulan April 2012. Analisis yang digunakan univariat dan bivariat.

Hasil penelitian menunjukkan 40,3% siswa mengonsumsi minuman bersoda dengan frekuensi tinggi. Jenis kelamin, uang saku, preferensi, pengetahuan gizi, sikap, teman sebaya dan media massa memiliki hubungan yang signifikan dengan kebiasaan konsumsi minuman bersoda. Pihak sekolah memberikan edukasi gizi mengenai makanan dan minuman sehat yang sebaiknya dikonsumsi.

.....The increasing frequency of frequent carbonated soft drink consumption in adolescents contributes into the emerging problems related health and nutrition This research was conducted to examine the relations between individual and environmental factors to carbonated soft drink consumption behaviour of PB Soedirman Islamic School students in year 2012. The method used in this study was cross sectional design with 124 respondent by systematic random sampling on April, 2012. Analysis used in unvarit and bivariat. The result showed that 40,3% students consume carbonated soft drink in high frequency. Sex, pocket money, preference, nutrition knowledge, attitude, peer group and mass media have significant association to consumption soft drink. The school committee is suggested to ban soft drink selling in school cafeteria and provide adequate education about healthy food and beverages to consume.