

# Perbedaan rata-rata konsumsi minuman ringan berpemanis berdasarkan beberapa faktor pada siswa SMA Negeri 48 Jakarta Timur tahun 2016 = The differences of averages sugar sweetened beverages consumption according to some factors among students of SMAN 48 East Jakarta 2016

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## Abstrak

Minuman ringan berpemanis adalah beberapa jenis minuman manis berkalori yang ketika dibeli sudah siap diminum. Penelitian ini bertujuan untuk mengetahui perbedaan rata-rata konsumsi minuman ringan berpemanis pada siswa SMAN 48 Jakarta Timur berdasarkan jenis kelamin, keterpaparan media massa, aksesibilitas, ketersediaan, pengaruh keluarga, pengaruh teman, pengetahuan gizi, sikap, aktivitas fisik, kebiasaan membawa air mineral, dan uang jajan. Penelitian kuantitatif dengan desain studi cross sectional ini dilakukan pada 168 sampel yang dipilih menggunakan metode quota sampling. Instrumen yang digunakan, yaitu kuesioner (self-administered) dan alat peraga botol berbagai ukuran.

Hasil penelitian menunjukkan bahwa rata-rata konsumsi minuman ringan berpemanis secara umum, yaitu sebanyak 245,7 mL/hari. Rata-rata konsumsi minuman ringan berpemanis berdasarkan jenisnya secara berurutan dari yang terbanyak, yaitu minuman jenis teh/kopi (152,7 mL/hari), berperisa buah (77,1 mL/hari), berperisa tanpa kandungan sari buah (65,7 mL/hari), sport (56,9 mL/hari), karbonasi berkalori (42,2 mL/hari), dan energi (10,0 mL/hari).

Hasil analisis menggunakan uji t independen menunjukkan terdapat perbedaan yang signifikan pada rata-rata konsumsi minuman ringan berpemanis berdasarkan jenis kelamin, keterpaparan media massa, ketersediaan minuman ringan berpemanis, pengaruh teman, dan sikap terhadap minuman ringan.

Diperlukannya dukungan dari berbagai pihak berwenang terkait kebijakan penjualan minuman ringan berpemanis dan penyediaan air mineral di tempat umum, khususnya sekolah.

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Sugar-sweetened beverages are certain types of calorie drinks which are ready to drink when it purchased. This research aims to get information about the differences of averages sugar-sweetened beverages consumption among students of SMAN 48 East Jakarta according to sex, mass media exposure, accessibility, availability, family influence, peer influence, nutritional knowledge, attitude, physical activity, the habit of bringing mineral water, and pocket money. This quantitative study (cross sectional) is conducted to 168 samples (quota sampling method). Self-administered Questionnaire and various sized bottles are used as the instruments of this research.

The result showed that the average of sugar-sweetened beverages consumption in general was 245,7 mL/day. The averages of sugar-sweetened beverages consumption based on its categories were tea/coffee (152,7 mL/day), fruit-flavoured drinks (77,1 mL/day), flavoured drinks (without fruit juice) (65,7 mL/day), sports drinks (56,9 mL/day), caloric carbonated drinks (42,2 mL/day), and energy drinks (10,0 mL/day). Bivariate analysis (t-independent test) showed that there were a significant differences on the average of sugar-sweetened beverages consumption according to sex, mass media exposure, availability, peer influence, and attitude. Support from various authorities related to sugar-sweetened beverages sales policy

and free mineral water supply in public places, especially school, are needed to reduce sugar-sweetened beverages consumption.