

ABSTRACT

Overweight is one of the health problems that have increased in prevalence consisting of obesity and overweight. The prevalence of nutrition over adolescents in Surabaya is still above the national prevalence 11.4%. The goal of this research is to analyze the correlation between sugar and energy consumption in ultra processed beverages as well as physical activity with overnutrition state in students.

This research is an observational study with a cross-sectional design conducted during the COVID-19 pandemic so that the method is carried out online. The number of research samples was 80 people. The research sample was taken using the google form link and distributed in groups of students from 10th and 11th grade Negeri 6 Surabaya. The dependent variable nutritional status with the BMI / U indicator was obtained from anthropometric measurements via video calls. The independent variables of sugar and energy consumption from ultra processed beverages were obtained from the beverage diary for seven days. Consume food from a 2x24 hour recall. Physical activity from the 2x24 physical activity questionnaire. Behavior changes related to the respondent's lifestyle from the behavior change questionnaire. Questionnaire interviews were conducted by telephone.

The results showed that there was no relationship between sugar consumption ($p = 1,000$) energy consumption from ultra processed beverages ($p = 1,000$), physical activity ($p = 0.164$), food energy intake ($p = 0.690$) and over nutritional status. There is a relationship between food and beverage energy intake ($p < 0.001$) with overweight status.

The conclusion of this study is that food and beverage energy intake is associated with excess nutritional status. It is recommended that the school periodically check student anthropometry to find out their nutritional status, as well as conduct education on balanced nutrition guidelines. The drawback of this research is that anthropometric measurements were carried out with different brand weight scales and were carried out by themselves, which became a problem when validating the data.

Keywords: consumption of ultra processed beverages, behavior change, pandemic COVID-19

ABSTRAK

Gizi lebih merupakan salah satu masalah kesehatan yang mengalami peningkatan prevalensi terdiri dari obesitas dan *overweight*. Prevalensi Gizi lebih remaja di Surabaya masih diatas prevalensi nasional yaitu 11,4%. Tujuan dari penelitian ini adalah menganalisis hubungan konsumsi gula dan energi dari *ultra processed beverages*, aktivitas fisik dengan status gizi lebih pada pelajar.

Penelitian ini merupakan penelitian observasional dengan desain *cross-sectional* dilakukan saat pandemi COVID-19 sehingga metode dilakukan secara *online*. Jumlah sampel penelitian sebesar 80 orang. Pengambilan sampel penelitian menggunakan *link google form* disebarakan di grup pelajar kelas X dan XI SMA Negeri 6 Surabaya. Variabel dependen status gizi dengan indikator IMT/U didapatkan dari pengukuran antropometri melalui *video call*. Variabel independen konsumsi gula dan energi dari *ultra processed beverages* didapatkan dari *diary* minuman selama tujuh hari. Konsumsi makanan dari *recall* 2x24 jam. Aktivitas fisik dari kuesioner aktivitas fisik 2x24. Perubahan perilaku terkait gaya hidup responden dari kuesioner perubahan perilaku. Wawancara kuesioner dilakukan melalui telepon.

Hasil penelitian menunjukkan tidak terdapat hubungan antara konsumsi gula ($p=1,000$) konsumsi energi dari *ultra processed beverages* ($p=1,000$), aktivitas fisik ($p=0,164$), asupan energi makanan ($p=0,690$) dengan status gizi lebih. Ada hubungan asupan energi makanan dan minuman ($p<0,001$) dengan status gizi lebih.

Kesimpulan dari penelitian ini asupan energi makanan dan minuman berhubungan dengan status gizi lebih. Sebaiknya pihak sekolah melakukan pengecekan antropometri pelajar secara berkala untuk mengetahui status gizinya, serta mengadakan edukasi pedoman gizi seimbang. Kekurangan penelitian ini pengukuran antropometri dilakukan dengan timbangan berat badan merk yang berbeda dan dilakukan sendiri menjadi permasalahan saat validasi data.

Kata Kunci: konsumsi *ultra processed beverages*, perubahan perilaku, pandemi COVID-19