

ABSTRAK

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HUBUNGAN *SEDENTARY LIFESTYLE* DAN KEBIASAAN KONSUMSI MINUMAN MANIS BERENERGI DENGAN KEJADIAN *OVERWEIGHT* PADA REMAJA (STUDI PADA SISWA SMP NEGERI 8 TASIKMALAYA TAHUN 2025)

Overweight menjadi suatu permasalahan yang sering terjadi pada remaja di seluruh dunia. Faktor yang menyebabkan *overweight* yaitu *sedentary lifestyle* dan konsumsi minuman manis berenergi, sehingga diperlukan analisis terhadap kondisi tersebut. Tujuan dari penelitian ini untuk menganalisis hubungan *sedentary lifestyle* dan kebiasaan konsumsi minuman manis berenergi dengan kejadian *overweight* pada siswa SMPN Negeri 8 Kota Tasikmalaya tahun 2025. Penelitian ini menggunakan metode kuantitatif desain obeservasional dengan pendekatan *cross-sectional*. Populasi penelitian mencakup siswa kelas VII dan VIII, dengan 97 sampel yang dipilih melalui teknik *propotional random sampling*. Data diperoleh melalui wawancara menggunakan kuesioner *Adolescent Sedentary Activity Questionnaire* (ASAQ), *Semi Quantitative Food Frequency Questionnaire* (SQ-FFQ), serta pengukuran antropometri untuk menentukan kejadian *overweight* berdasarkan nilai Z-skor. Analisis data menggunakan Uji *Chi-Square*. Hasil penelitian menunjukkan *sedentary lifestyle* dengan kejadian *overweight* ($p\text{-value} = 0,004$; OR = 8,286; 95%-CI: 1,816-37,813), bahwa terdapat hubungan yang signifikan. Analisis bivariat variabel kebiasaan konsumsi minuman manis berenergi ($p\text{-value} = 0,383$) dengan kejadian *overweight*, menunjukkan tidak terdapat hubungan, dan asupan gula dengan kejadian *overweight* ($p\text{-value} = 0,011$; OR = 6,933; 95%-CI: 1,515-31,737), menunjukkan terdapat hubungan yang signifikan antar variabel. Pada variabel perancu seperti asupan karbohidrat, lemak, energi, dan jenis kelamin tidak terdapat hubungan dengan kejadian *overweight*. Disimpulkan bahwa *sedentary lifestyle* dan asupan gula yang berlebih, merupakan faktor risiko *overweight*. Oleh karena itu, intervensi perlu diarahkan pada peningkatan aktivitas fisik harian seperti bersepeda, berlari, berenang serta pengurangan atau membatasi konsumsi gula <50g/hari untuk menurunkan risiko *overweight*.

Kata kunci : *overweight*, remaja SMP, *sedentary lifestyle*, minuman manis berenergi

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THE RELATIONSHIP BETWEEN SEDENTARY LIFESTYLE AND CONSUMPTION HABITS OF ENERGY-SWEETENED BEVERAGES WITH THE INCIDENCE OF OVERWEIGHT IN ADOLESCENTS (STUDY ON STUDENTS OF SMP NEGERI 8 TASIKMALAYA IN 2025)

Overweight is a problem that often occurs in teenagers around the world. The factors that cause overweight are sedentary lifestyle and consumption of sugary energy drinks, so an analysis of these conditions is needed. The purpose of this study is to analyze the relationship between sedentary lifestyle and consumption habits of sugary energy drinks with the incidence of overweight in students of SMPN Negeri 8 Tasikmalaya City in 2025. This study uses a quantitative method of observational design with a cross-sectional approach. The study population included students in grades VII and VIII, with 97 samples selected through proportional random sampling techniques. Data were obtained through interviews using the Adolescent Sedentary Activity Questionnaire (ASAQ), Semi Quantitative Food Frequency Questionnaire (SQ-FFQ), and anthropometric measurements to determine the incidence of overweight based on Z-score values. Data analysis using the Chi-Square Test. The results showed a sedentary lifestyle with an incidence of overweight (p -value = 0.004; OR = 8,286; 95%-CI: 1,816-37,813), that there was a significant relationship. Bivariate analysis of the variable consumption habits of energy sweetened beverages (p -value = 0.383) with the incidence of overweight, showed no relationship, and sugar intake with the incidence of overweight (p -value = 0.011; OR = 6,933; 95%-CI: 1.515-31.737), indicating a significant relationship between variables. Confounding variables such as carbohydrate, fat, energy, and gender intake were not associated with the incidence of overweight. It was concluded that sedentary lifestyle and excessive sugar intake are risk factors for overweight. Therefore, interventions need to be directed at increasing daily physical activity such as cycling, running, swimming as well as reducing or limiting sugar consumption <50g/day to reduce the risk of overweight.

Keywords : *overweight, adolescent, sedentary lifestyle, energy-sweetened drinks*