ABSTRAK

Diabetes mellitus merupakan penyakit tidak menular yang salah satunya disebabkan oleh konsumsi asupan gula berlebih pada makanan atau minuman berpemanis. Remaja merupakan kelompok yang sering terpapar minuman manis. Konsumsi minuman manis pada remaja secara berlebihan dapat menyebabkan risiko tinggi terkena diabetes mellitus. Tujuan penelitian ini untuk menganalisis hubungan antara konsumsi sugar sweetened beverages terhadap risiko diabetes mellitus pada remaja. Desain penelitian yang digunakan cross sectional dengan non probability sampling secara purposive serta jumlah subjek yang diperlukan sebanyak 54 subjek. Data yang dikumpulkan menggunakan kuesioner dan wawancara secara langsung terkait frekuensi konsumsi SSB menggunakan beverage quesstionnaire-15, risiko terkena diabetes mellitus menggunakan kuesioner skrining type 2 diabetes risk (SFBLF) dan data status gizi didapatkan melalui pengukuran antropometri. Hasil penelitian ini menunjukkan terdapat 42,6% remaja yang berisiko tinggi terkena diabetes mellitus di wilayah Kota Bogor dan terdapat 44,4% remaja yang memiliki kebiasaan konsumsi SSB tinggi. Analisis bivariat menggunakan uji chi-square menunjukkan terdapat hubungan antara konsumsi sugar sweetened beverages (p=0,018), IMT/U (p=0,045), dan lingkar pinggang (p=0,023) terhadap risiko terkena diabetes mellitus pada remaja di wilayah Kota Bogor. Didapatkan pula nilai OR=4,583 pada variabel konsumsi SSB terhadap risiko terkena diabetes mellitus sehingga remaja yang mengkonsumsi SSB tinggi berpeluang 4,583 kali lebih besar berisiko tinggi terkena diabetes mellitus dibandingkan dengan yang mengkonsumsi SSB rendah. Kesimpulan penelitian ini terdapat hubungan antara tingkat frekuensi konsumsi sugar sweetened beverages dan status gizi terhadap risiko terkena diabetes mellitus pada remaja. Konsumsi SSB pada remaja di penelitian ini tergolong tinggi sehingga secara tidak langsung meningkatkan risiko terkena diabetes mellitus pada remaja.
Kata kunci : Diabetes mellitus, remaja, status gizi, sugar sweetened beverages.

ABSTRACT

Diabetes mellitus is a non-communicable disease which is caused by consuming excess sugar in sweetened foods or drinks. Teenagers are a group that is often exposed to sweet drinks. Excessive consumption of sweet drinks in teenagers can cause a high risk of developing diabetes mellitus. The aim of this study was to analyze the relationship between consumption of sugar sweetened beverages and the risk of diabetes mellitus in adolescents. The research design used was cross sectional with purposive non-probability sampling and the number of subjects required was 54 subjects. Data collected using questionnaires and interviews directly related to the frequency of SSB consumption using the beverage questionnaire-15, the risk of developing diabetes mellitus using the type 2 diabetes risk (SFBLF) screening questionnaire and nutritional status data obtained through anthropometric measurements. The results of this study show that there are 42.6% of teenagers who are at high risk of developing diabetes mellitus in the Bogor City area and there are 44.4% of teenagers who have high SSB consumption habits. Bivariate analysis using the chi-square test showed that there was a relationship between consumption of sugar sweetened beverages (p=0.018), BMI/U (p=0.045), and waist circumference (p=0.023) on the risk of developing diabetes mellitus in adolescents in the Bogor City area. The value of OR=4.583 was also obtained for the SSB consumption variable on the risk of developing diabetes mellitus so that teenagers who consumed high levels of SSB had a 4.583 times greater chance of developing diabetes mellitus compared to those who consumed low levels of SSB. The conclusion of this study is that there is a relationship between the level of frequency of consumption of sugar sweetened beverages and nutritional status on the risk of developing diabetes mellitus in adolescents. SSB consumption in adolescents in this study was relatively high, which indirectly increased the risk of developing diabetes mellitus in adolescents.

Keywords: Adolescent, diabetes mellitus, nutritional status, sugar sweetened beverages.