

ABSTRAK

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GAMBARAN KEBIASAAN KONSUMSI JAJANAN TINGGI GULA DAN KOLESTEROL PADA REMAJA DI SMAN 1 DRIYOREJO

xv + 47 Halaman + 6 Tabel + 13 Lampiran

Remaja kerap mengonsumsi jajanan tinggi gula dan kolesterol di lingkungan sekolah, yang dapat meningkatkan risiko obesitas, diabetes tipe 2, dan penyakit kardiovaskular di masa depan. Penelitian ini bertujuan untuk menggambarkan kebiasaan konsumsi jajanan tinggi gula dan kolesterol pada siswa SMAN 1 Driyorejo.

Penelitian deskriptif kuantitatif dengan rancangan cross-sectional ini melibatkan total populasi 72 siswa usia 15–18 tahun. Data dikumpulkan pada Oktober 2024–Maret 2025 melalui kuesioner ber-skala likert 4 poin yang mengukur jenis, frekuensi, dan jumlah konsumsi jajanan tinggi gula dan kolesterol. Analisis dilakukan dengan pemberian skor, tabulasi frekuensi, dan persentase. Sebanyak 44,4 % responden berstatus gizi normal, 14 % overweight, dan 12,5 % obesitas. Pada aspek jenis jajanan, 59,7 % menunjukkan pola konsumsi moderat (skor 56–75 %), 36,1 % rendah (< 56 %), dan 4,2 % tinggi (> 75 %). Untuk frekuensi konsumsi, mayoritas (sekitar 70 %) berada pada kategori moderat, dengan lebih dari separuh remaja membeli jajanan tinggi gula 21–30 kali per bulan. Demikian pula pada jumlah konsumsi harian, 75 % remaja mengonsumsi 2–3 porsi jajanan tinggi gula atau kolesterol per hari.

Hasil menunjukkan bahwa meski tidak mayoritas ekstrem, pola konsumsi moderat ini berulang dan berkorelasi dengan peningkatan prevalensi overweight dan obesitas. Variasi uang saku, kemudahan akses jajanan di sekitar sekolah, serta pengaruh teman sebaya berkontribusi pada kebiasaan tersebut. Kebiasaan konsumsi jajanan tinggi gula dan kolesterol yang moderat namun konsisten pada remaja SMAN 1 Driyorejo berpotensi memicu gangguan metabolik di masa dewasa. Diperlukan intervensi holistik berupa edukasi gizi rutin di sekolah, pengembangan kantin sehat, pengawasan akses jajanan tidak sehat, serta pelibatan orang tua untuk membentuk kebiasaan makan yang lebih baik.

Kata Kunci : Kebiasaan makan remaja, Jajanan tinggi gula dan kolesterol, Risiko kesehatan terkait gizi

Daftar Bacaan : 11 Buku (2015-2022)

ABSTRACT

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OVERVIEW OF CONSUMPTION HABITS OF HIGH SUGAR AND CHOLESTEROL SNACKS AMONG ADOLESCENTS AT SMAN 1 DRIYOREJO

xv + 47 Pages + 6s Tables + 13 Appendices

Adolescents frequently consume snacks high in sugar and cholesterol within the school environment, elevating their risk of obesity, type 2 diabetes, and future cardiovascular diseases. This study aims to describe the patterns of high-sugar and high-cholesterol snack consumption among students at SMAN 1 Driyorejo. A descriptive quantitative cross-sectional survey was conducted with all 72 students aged 15–18 years.

Data collection occurred on March 2025 using a self-administered questionnaire on a 4-point Likert scale, assessing the types, frequency, and amount of high-sugar and high-cholesterol snacks consumed. Responses were scored, tabulated, and expressed as percentages. Nutritional status distribution showed 44.4% normal, 14.0% overweight, and 12.5% obese. For snack types, 59.7% of students reported moderate consumption (scores 56–75%), 36.1% low (< 56%), and 4.2% high (> 75%). Frequency data indicated that approximately 70% of students purchased high-sugar snacks 21–30 times per month. Regarding daily intake, 75% consumed 2–3 servings of high-sugar or high-cholesterol snacks per day.

Although extreme consumption was uncommon, the repetitive moderate intake correlates with the observed rates of overweight and obesity. Factors such as daily allowance size, easy access to unhealthy snacks around the school, and peer influence contribute to these consumption habits. Consistent moderate consumption of high-sugar and high-cholesterol snacks among SMAN 1 Driyorejo students poses a risk for future metabolic disorders. Effective interventions should include regular school-based nutrition education, implementation of healthy canteen programs, regulation of unhealthy snack availability, and active parental involvement to foster healthier eating behaviors.

Keywords : *Adolescent eating habits, high sugar and cholesterol snacks, nutrition related health risks*

References : *11 Books (2015-2022)*