

ABSTRAK

Qotrunnada Natania Maulida

PENGARUH KONSUMSI MINUM KOPI HOUSE BLEND TERHADAP
KELEBIHAN INTAKE GULA PADA MAHASISWA DI SURABAYA

1x + 50 Halaman + 7 Tabel + 4 Lampiran

Tren konsumsi kopi di kalangan mahasiswa semakin meningkat, khususnya jenis kopi house blend yang sering kali mengandung tambahan gula dalam jumlah tidak diketahui. Kebiasaan ini dapat berkontribusi terhadap kelebihan asupan gula harian yang berisiko menimbulkan masalah kesehatan seperti obesitas dan diabetes melitus. Penelitian ini bertujuan untuk menganalisis pengaruh konsumsi kopi house blend terhadap kelebihan intake gula pada mahasiswa di Surabaya.

Penelitian ini menggunakan desain observasional analitik dengan pendekatan cross-sectional. Sampel berjumlah 67 mahasiswa yang dipilih menggunakan teknik simple random sampling. Data dikumpulkan melalui kuesioner frekuensi konsumsi kopi dan food recall 2x24 jam, kemudian dianalisis menggunakan uji korelasi Pearson.

Hasil penelitian menunjukkan adanya hubungan yang signifikan antara frekuensi konsumsi kopi house blend dengan tingkat kelebihan intake gula ($p=0.000$) dengan nilai korelasi positif sedang ($r=0.504$). Semakin sering mahasiswa mengonsumsi kopi house blend, semakin tinggi kemungkinan intake gula mereka melebihi batas rekomendasi WHO. Penelitian ini menunjukkan pentingnya edukasi mengenai kandungan gula tersembunyi dalam minuman kopi serta pentingnya pembatasan konsumsi minuman manis sebagai upaya pencegahan penyakit tidak menular pada usia muda.

Kata kunci: Kopi house blend, intake gula, mahasiswa, konsumsi kopi, Surabaya.
Daftar Bacaan : 23 buku (2008–2017)

ABSTRACT

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THE EFFECT OF HOUSE BLEND COFFEE CONSUMPTION ON EXCESS SUGAR INTAKE IN STUDENTS IN SURABAYA

1x + 50 Pages + 7 Tables + 4 Attachments

The trend of coffee consumption among university students is increasing, particularly with house blend coffee, which often contains unknown amounts of added sugar. This habit may contribute to excessive daily sugar intake, posing health risks such as obesity and diabetes mellitus. This study aims to analyze the effect of house blend coffee consumption on excessive sugar intake among students in Surabaya.

This is an observational analytic study using a cross-sectional approach. A total of 67 students were selected using simple random sampling. Data were collected through a coffee consumption frequency questionnaire and 2x24-hour food recall, then analyzed using the Pearson correlation test.

The results showed a significant relationship between the frequency of house blend coffee consumption and excessive sugar intake ($p=0.000$), with a moderate positive correlation ($r=0.504$). The more frequently students consume house blend coffee, the higher their likelihood of exceeding the recommended sugar intake set by WHO. This study highlights the importance of educating young adults about hidden sugars in beverages and the need to limit sweetened drinks to prevent non-communicable diseases at an early age.

Keywords: House blend coffee, sugar intake, students, coffee consumption, Surabaya.

References : 23 buku (2008–2017)