

ABSTRACT

RELATIONSHIP BETWEEN HABITS OF READING NUTRITION INFORMATION LABELS AND SUGAR CONSUMPTION TOWARDS OBESITY INCIDENCE IN FIRST YEAR STUDENTS OF THE MEDICAL EDUCATION STUDY PROGRAM AT THE UNIVERSITY OF LAMPUNG

By

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Obesity is a global health issue with an increasing prevalence, including in Indonesia. First year students who are in their teens are a vulnerable group to obesity. This study aims to determine the relationship between the habit of reading nutritional information labels and sugar consumption to the incidence of obesity in first year students of the Medical Education Study Program at the University of Lampung in 2024. This study used an analytical observational design with a cross-sectional approach. A total of 189 active students who met the inclusion and exclusion criteria were used as respondents. Data were obtained through a questionnaire on the habit of reading nutritional labels, SQ-FFQ for sugar consumption, and BMI measurements. The analysis was carried out using the chi-square test. The majority of respondents were female (67.2%) with an average age of 18.4 years. As many as 21.16% of respondents were obese. The results of the analysis showed that there was a significant relationship between the habit of reading nutritional information labels and the incidence of obesity ($p = 0.026$), but there was no significant relationship between sugar consumption and the incidence of obesity ($p = 0.110$). This insignificance may be influenced by other lifestyle factors that were not measured such as physical activity, stress, and sleep patterns. These findings indicate the importance of the habit of reading nutritional labels in efforts to prevent obesity among medical students.

Keywords: obesity, nutritional information labels, sugar consumption, medical students

ABSTRAK

HUBUNGAN KEBIASAAN MEMBACA LABEL INFORMASI GIZI SERTA KONSUMSI GULA TERHADAP KEJADIAN OBESITAS PADA MAHASISWA TAHUN PERTAMA PROGRAM STUDI PENDIDIKAN DOKTER UNIVERSITAS LAMPUNG

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Obesitas merupakan isu kesehatan global dengan prevalensi yang terus meningkat, termasuk di Indonesia. Mahasiswa tahun pertama yang berada dalam usia remaja menjadi kelompok rentan terhadap obesitas. Penelitian ini bertujuan mengetahui hubungan antara kebiasaan membaca label informasi gizi serta konsumsi gula terhadap kejadian obesitas pada mahasiswa tahun pertama Program Studi Pendidikan Dokter Universitas Lampung tahun 2024. Penelitian ini menggunakan desain observasional analitik dengan pendekatan cross-sectional. Sebanyak 189 mahasiswa aktif yang memenuhi kriteria inklusi dan eksklusi dijadikan responden. Data diperoleh melalui kuesioner kebiasaan membaca label gizi, SQ-FFQ untuk konsumsi gula, serta pengukuran IMT. Analisis dilakukan dengan uji chi-square. Mayoritas responden berjenis kelamin perempuan (67,2%) dengan rata-rata usia 18,4 tahun. Sebanyak 21,16% responden mengalami obesitas. Hasil analisis menunjukkan terdapat hubungan signifikan antara kebiasaan membaca label informasi gizi dengan kejadian obesitas ($p = 0,026$), namun tidak terdapat hubungan signifikan antara konsumsi gula dengan kejadian obesitas ($p = 0,110$). Ketidaksignifikanan ini dapat dipengaruhi oleh faktor gaya hidup lain yang tidak diukur seperti aktivitas fisik, stres, dan pola tidur. Temuan ini menunjukkan pentingnya kebiasaan membaca label gizi dalam upaya pencegahan obesitas di kalangan mahasiswa kedokteran.

Kata kunci: obesitas, label informasi gizi, konsumsi gula, mahasiswa kedokteran