

ABSTRACT

THE RELATIONSHIP BETWEEN THE LEVEL OF KNOWLEDGE AND CONSUMPTION OF SUGAR SWEETENED BEVERAGES (SSBs) ON THE NUTRITIONAL STATUS OF PRECLINICAL STUDENTS OF THE MEDICAL EDUCATION STUDY PROGRAM, UNIVERSITY OF LAMPUNG

By

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Background: Sugar-sweetened beverages (SSBs) are widely consumed among university students and contribute significantly to daily sugar intake, which may affect nutritional status. Medical students, despite having health-related knowledge, are not exempt from unhealthy dietary behaviors. This study aimed to analyze the association between knowledge level and consumption of sugar-sweetened beverages with nutritional status among preclinical medical students at the Faculty of Medicine, University of Lampung.

Methods: This study employed a quantitative approach with a cross-sectional design. A total of 100 preclinical medical students were recruited as respondents using proportionate stratified random sampling. Knowledge level regarding sugar-sweetened beverages was assessed using a structured questionnaire, while SSB consumption was measured using a Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ). Nutritional status was determined based on Body Mass Index (BMI) calculated from anthropometric measurements. Data analysis was conducted using Fisher's Exact Test and Chi-Square Test.

Results: The results showed that most respondents had good knowledge regarding sugar-sweetened beverages and consumed SSBs at a moderate level. Most students were classified as having non-overweight nutritional status. Statistical analysis indicated no significant association between knowledge level and nutritional status ($p = 0.571$), nor between SSB consumption and nutritional status ($p = 0.216$).

Conclusions: : In conclusion, knowledge and consumption of sugar-sweetened beverages were not significantly associated with nutritional status among preclinical medical students. Other factors such as total dietary intake, physical activity, and lifestyle behaviors may play a more influential role in determining nutritional status.

Keywords: sugar sweetened beverages, knowledge level, consumption, nutritional status, medical students

ABSTRAK

HUBUNGAN ANTARA TINGKAT PENGETAHUAN DAN KONSUMSI *SUGAR SWEETENED BEVERAGES* (SSBs) TERHADAP STATUS GIZI MAHASISWA/I PREKLINIK PROGRAM STUDI PENDIDIKAN DOKTER UNIVERSITAS LAMPUNG

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Latar Belakang: Minuman berpemanis (*Sugar-Sweetened Beverages/SSBs*) merupakan salah satu sumber utama asupan gula yang banyak dikonsumsi oleh mahasiswa dan berpotensi memengaruhi status gizi. Mahasiswa kedokteran, meskipun memiliki pengetahuan kesehatan, masih memiliki risiko menerapkan perilaku konsumsi yang kurang sehat. Penelitian ini bertujuan untuk menganalisis hubungan antara tingkat pengetahuan dan konsumsi *Sugar-Sweetened Beverages* (SSBs) terhadap status gizi pada mahasiswa/i preklinik Program Studi Pendidikan Dokter Fakultas Kedokteran Universitas Lampung.

Metode: Penelitian ini menggunakan metode kuantitatif dengan desain *cross sectional*. Sampel penelitian berjumlah 100 mahasiswa/i preklinik yang dipilih menggunakan teknik *proportionate stratified random sampling*. Tingkat pengetahuan diukur menggunakan kuesioner terstruktur, sedangkan konsumsi SSBs dinilai menggunakan *Semi-Quantitative Food Frequency Questionnaire* (SQ-FFQ). Status gizi ditentukan berdasarkan Indeks Massa Tubuh (IMT). Analisis data dilakukan menggunakan uji *Fisher's Exact* dan uji *Chi-Square*. Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki tingkat pengetahuan yang baik dan tingkat konsumsi SSBs dalam kategori cukup, serta mayoritas memiliki status gizi tidak berlebih.

Hasil: Hasil analisis statistik menunjukkan tidak terdapat hubungan yang signifikan antara tingkat pengetahuan dengan status gizi ($p = 0,571$) maupun antara konsumsi SSBs dengan status gizi ($p = 0,216$).

Kesimpulan: Penelitian ini menyimpulkan bahwa tingkat pengetahuan dan konsumsi *Sugar-Sweetened Beverages* tidak berhubungan secara signifikan dengan status gizi mahasiswa/i preklinik.

Kata Kunci: Minuman berpemanis, tingkat pengetahuan, konsumsi, status gizi, mahasiswa kedokteran