



UNIVERSITAS ANDALAS

**Hubungan Konsumsi Minuman Kemasan Berpemanis Alami dan Buatan,
Kebiasaan Melewatkan Waktu Makan, dan Konsumsi Cemilan
Kemasan Dengan Status Gizi Pada Remaja Putri
di SMK Negeri 6 Kota Padang
Tahun 2025**

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**Diajukan Sebagai Pemenuhan Syarat untuk Mendapatkan
Gelar Sarjana Gizi**

FAKULTAS KESEHATAN MASYARAKAT

UNIVERSITAS ANDALAS

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**HUBUNGAN KONSUMSI MINUMAN BERPEMANIS ALAMI DAN BUATAN,
KEBIASAAN MELEWATKAN WAKTU MAKAN, DAN KONSUMSI CEMILAN
KEMASAN DENGAN STATUS GIZI REMAJA PUTRI DI SMK NEGERI 6 PADANG**
xi + 123 halaman, 2 gambar, 20 tabel, 11 lampiran

ABSTRAK

Tujuan

Status gizi remaja, terutama remaja putri, perlu diperhatikan karena mereka rentan kekurangan gizi akibat percepatan pertumbuhan yang meningkatkan kebutuhan nutrisi. Penelitian ini bertujuan untuk mengetahui hubungan antara kebiasaan konsumsi minuman kemasan berpemanis alami dan buatan, kebiasaan melewatkan waktu makan, dan konsumsi cemilan kemasan dengan status gizi remaja putri di SMK Negeri 6 Padang.

Metode

Penelitian ini menggunakan desain *cross sectional* dengan jumlah sampel sebanyak 123 remaja putri kelas X dan XI di SMK Negeri 6 Padang yang diambil dengan teknik *cluster random sampling*. Pengambilan data dilakukan dengan mengukur BB, TB, kuesioner, dan wawancara. Data dianalisis secara univariat dan bivariat. Analisis bivariat menggunakan uji *Chi-Square*.

Hasil

Hasil penelitian menunjukkan 77,2% responden tidak mengalami gizi lebih, 53,7% jarang mengonsumsi minuman berpemanis alami, 75,6% memiliki asupan minuman berpemanis alami yang rendah, 66,7% jarang mengonsumsi minuman berpemanis buatan, 56,1% jarang melewatkan makan, 69,9% sering mengonsumsi cemilan kemasan, dan 80,5% memiliki asupan cemilan kemasan yang rendah. Terdapat hubungan signifikan antara frekuensi dan asupan minuman berpemanis alami, frekuensi minuman berpemanis buatan, serta asupan cemilan kemasan dengan status gizi remaja putri ($p=0,005$; $p=0,0001$; $p=0,0001$; $p=0,0001$), namun tidak terdapat hubungan signifikan dengan kebiasaan melewatkan makan dan frekuensi konsumsi cemilan kemasan ($p=0,339$; $p=0,665$).

Kesimpulan

Terdapat hubungan signifikan antara frekuensi dan asupan minuman berpemanis alami, frekuensi minuman berpemanis buatan, dan asupan cemilan kemasan dengan status gizi remaja putri, namun tidak terdapat hubungan signifikan dengan kebiasaan melewatkan makan dan frekuensi konsumsi cemilan kemasan.

Daftar Pustaka : 117 (1998 – 2025)

Kata Kunci : Cemilan Kemasan, Melewatkan Waktu Makan, Minuman Kemasan Berpemanis Alami, Minuman Kemasan Berpemanis Buatan, Status Gizi

**FACULTY OF PUBLIC HEALTH
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**THE RELATIONSHIP BETWEEN THE CONSUMPTION OF NATURAL AND
ARTIFICIALLY SWEETENED BEVERAGES, THE HABIT OF SKIPPING MEALS,
AND THE CONSUMPTION OF PACKAGED SNACKS WITH THE NUTRITIONAL
STATUS OF ADOLESCENT GIRLS AT SMK NEGERI 6 PADANG**

xi + 123 pages, 2 images, 20 tables, 11 appendices

ABSTRACT

Objective

The nutritional status of adolescents, especially adolescent girls, needs to be considered because they are prone to malnutrition due to accelerated growth that increases nutritional needs. This study aims to determine the relationship between the consumption habits of natural and artificially sweetened packaged drinks, the habit of skipping meals, and the consumption of packaged snacks with the nutritional status of adolescent girls at SMK Negeri 6 Padang.

Method

This study used *a cross sectional* design with a sample of 123 adolescent girls in grades X and XI at SMK Negeri 6 Padang which were taken by *cluster random sampling technique*. Data collection was carried out by measuring BB, TB, questionnaires, and interviews. The data were analyzed univariate and bivariate. Bivariate analysis using *the Chi-Square* test.

Result

The results showed that 77.2% of respondents did not experience overnutrition, 53.7% rarely consumed naturally sweetened drinks, 75.6% had a low intake of naturally sweetened beverages, 66.7% rarely consumed artificially sweetened drinks, 56.1% rarely skipped meals, 69.9% often consumed packaged snacks, and 80.5% had a low intake of packaged snacks. There was a significant relationship between the frequency and intake of naturally sweetened beverages, the frequency of artificially sweetened beverages, and the intake of packaged snacks with the nutritional status of adolescent girls ($p=0.005$; $p=0.0001$; $p=0.0001$; $p=0.0001$), but there was no significant relationship with the habit of skipping meals and the frequency of consumption of packaged snacks ($p=0.339$; $p=0.665$).

Conclusion

There was a significant relationship between the frequency and intake of naturally sweetened beverages, the frequency of artificially sweetened beverages, and the intake of packaged snacks with the nutritional status of adolescent girls, but there was no significant relationship with the habit of skipping meals and the frequency of consumption of packaged snacks.

Bibliography : 117 (1998 – 2025)

Keywords : Artificially Sweetened Beverages, Naturally Sweetened Beverages, Nutritional Status, Skipping Meals, Packaged Snacks