

ABSTRACT
DESCRIPTION OF KNOWLEDGE, ATTITUDE, AND
CONSUMPTION OF SUGAR, SALT, FAT (GGL) IN
FOOD/DRINKS CONSUMED BY TEENAGERS IN
PANJANGREJO VILLAGE

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ABSTRACT

Background: Non-communicable diseases (PTM) are the leading cause of death in the world and continue to increase in prevalence in Indonesia, including in the DIY and Bantul Regency areas. One of the main causes of PTM is unhealthy consumption patterns, especially high intake of sugar, salt, and fat (GGL). Adolescents are a vulnerable age group because they tend to consume foods and drinks high in GGL that are currently trending, such as boba, fried foods, and fast food. Excessive consumption of GGL risks worsening the incidence of PTM in the future. Therefore, it is important to know the knowledge, attitudes, and consumption of GGL in adolescents as a basis for efforts to prevent PTM.

Objective : To find out the description of knowledge, attitudes, and consumption of sugar, salt, fat (GGL) in contemporary food/drinks among teenagers in Panjangrejo Village.

Method : The type of research is descriptive with cross-sectional research design. This study uses purposive sampling technique. The population of this study were adolescents in Panjangrejo Village. The number of samples was 47 adolescents. The instruments used in this study were questionnaires on knowledge and attitudes and consumption of sugar, salt, fat (GGL) with the Food Frequency Questionnaire (FFQ). Data analysis used univariate and bivariate analysis.

Result : The results of the study showed that adolescents in Panjangrejo Village, Pundong District had a good level of knowledge of 24 (51.1%), good attitudes of 19 (40.4%), frequent sugar consumption of 29 (61.7%), frequent salt consumption of 12 (25.5%), frequent fat consumption of 20 (42.6%), and the results of the cross-test analysis of knowledge and attitudes using the chi square test, namely $p = 0.041$ (<0.05) showed that there was a significant difference between the two variables.

Conclusion : This shows that there is a relationship between knowledge and attitudes towards sugar, salt, fat (GGL) in teenagers in Panjangrejo Village.

Keywords : knowledge, attitude, GGL consumption, teenagers

ABSTRAK
GAMBARAN PENGETAHUAN, SIKAP, DAN KONSUMSI
GULA GARAM LEMAK (GGL) PADA MAKANAN/MINUMAN
KEKINIAN REMAJA DI KALURAHAN PANJANGREJO

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ABSTRAK

Latar belakang : Penyakit tidak menular (PTM) menjadi penyebab utama kematian di dunia dan terus meningkat prevalensinya di Indonesia, termasuk di wilayah DIY dan Kabupaten Bantul. Salah satu penyebab utama PTM adalah pola konsumsi yang tidak sehat, terutama tingginya asupan gula, garam, dan lemak (GGL). Remaja merupakan kelompok usia yang rentan karena cenderung mengonsumsi makanan dan minuman tinggi GGL yang sedang tren, seperti boba, gorengan, dan makanan cepat saji. Konsumsi GGL yang berlebihan ini berisiko memperparah angka kejadian PTM di masa depan. Oleh karena itu, penting untuk mengetahui pengetahuan, sikap, dan konsumsi GGL pada remaja sebagai dasar upaya pencegahan PTM.

Tujuan : Untuk mengetahui gambaran pengetahuan, sikap, dan konsumsi gula garam lemak (GGL) pada makanan/minuman kekinian remaja di Kalurahan Panjangrejo.

Metode : Jenis penelitian deskriptif dengan desain penelitian *cross sectional*. Penelitian ini menggunakan teknik *purposive sampling*. Populasi penelitian ini yaitu remaja di Kalurahan Panjangrejo. Jumlah sampel yaitu 47 remaja. Instrumen yang digunakan dalam penelitian ini adalah kuesioner pengetahuan dan sikap serta konsumsi gula garam lemak (GGL) dengan *Food Frequency Questionnaire (FFQ)*. Analisis data menggunakan analisis univariat dan bivariat.

Hasil : Hasil penelitian menunjukkan bahwa remaja di Kalurahan Panjangrejo, Kepanewon Pundong memiliki tingkat pengetahuan baik 24 (51,1%), sikap baik 19 (40,4%), konsumsi gula dengan frekuensi sering 29 (61,7%), konsumsi garam dengan frekuensi sering 12 (25,5%), konsumsi lemak dengan frekuensi sering 20 (42,6%), dan hasil analisis uji silang pengetahuan dan sikap menggunakan *uji chi square* yaitu $p\ 0,041(<0,05)$ menunjukkan ada signifikan antara kedua variable.

Kesimpulan : Hal ini menunjukkan adanya hubungan antara pengetahuan dan sikap terhadap gula garam lemak (GGL) pada remaja di Kalurahan Panjangrejo

Kata kunci : pengetahuan, sikap, konsumsi GGL, remaja
