

KAJIAN PENGETAHUAN DAN KONSUMSI GULA GARAM LEMAK (GGL) PADA REMAJA PUTRI DI DESA JATIREJO

Evi Kurniawati¹, Slamet Iskandar², Irianton Aritonang³
^{1,2,3}Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman. Yogyakarta, 55292
email : evikurniawati159@gmail.com

ABSTRAK

Latar belakang : Konsumsi gula, garam, dan lemak (GGL) merupakan salah satu faktor meningkatnya penyakit tidak menular (PTM) di Indonesia. Remaja merupakan kelompok usia yang cenderung mengonsumsi gula, garam, dan lemak (GGL) lebih tinggi jika dibandingkan dengan kelompok usia lain yang dapat meningkatkan risiko penyakit tidak menular (PTM) dimasa depan. Oleh karena itu, pengetahuan dan konsumsi mengenai gula, garam, dan lemak (PTM) diperlukan untuk membentuk pola konsumsi yang lebih baik.

Tujuan : untuk mengkaji pengetahuan dan konsumsi gula, garam, dan lemak (GGL) pada remaja putri di Desa Jatirejo.

Metode : Jenis penelitian ini adalah penelitian deskriptif dengan desain cross sectional. Sampel penelitian berjumlah 50 remaja putri usia 13–18 tahun yang diambil dengan metode total sampling. Data pengetahuan diperoleh melalui kuesioner multiple choice, sedangkan data konsumsi GGL diperoleh melalui Formulir Recall 2x24 jam. Analisis data dilakukan secara univariat dan bivariat.

Hasil : Remaja putri dengan tingkat pengetahuan baik sebanyak 24 responden (48%) dan cukup 24 responden (48%). Remaja putri termasuk dalam konsumsi gula kategori baik sebanyak 46 responden (92%), konsumsi garam baik sebanyak 48 responden (96%), dan konsumsi lemak baik sebanyak 42 responden (84%).

Kesimpulan : Remaja putri di Desa Jatirejo memiliki pengetahuan cukup hingga baik. Sebagian besar konsumsi gula, garam, dan lemak (GGL) termasuk dalam kategori baik. Remaja putri dengan pengetahuan yang baik cenderung baik dalam konsumsi gula, garam, dan lemak (GGL)

Kata kunci : pengetahuan, konsumsi, gula garam lemak (GGL), remaja putri

STUDY OF KNOWLEDGE AND CONSUMPTION OF SUGAR SALT AND FAT AMONG ADOLESCENT GIRLS IN VILLAGE JATIREJO

Evi Kurniawati¹, Slamet Iskandar², Irianton Aritonang³

^{1,2,3} Department of Nutrition Polytechnic of the Ministry of Health of Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman. Yogyakarta, 55292

email : evikurniawati159@gmail.com

ABSTRACT

Background: The consumption of sugar, salt, and fat (SSF) is one of the contributing factors to the increasing prevalence of non-communicable diseases (NCDs) in Indonesia. Adolescents are an age group that tends to consume sugar, salt, and fat at higher levels compared to other age groups, which may elevate the risk of non-communicable diseases (NCDs) in the future. Therefore, knowledge and consumption patterns regarding sugar, salt, and fat (SSF) are essential in shaping healthier dietary habits.

Objective: To examine the knowledge and consumption of sugar, salt, and fat (SSF) among adolescent girls in Jatirejo Village.

Methods: This study employed a descriptive research design with a cross-sectional approach. The research sample consisted of 50 adolescent girls aged 13–18 years, selected using total sampling. Knowledge data were collected through a multiple-choice questionnaire, while SSF consumption data were obtained using a 2×24-hour Dietary Recall Form. Data analysis was conducted using univariate and bivariate methods, with the crosstab test applied for bivariate analysis.

Results: Among the adolescent girls, 24 respondents (48%) demonstrated good knowledge and 26 respondents (52%) demonstrated poor knowledge. In terms of consumption, 46 respondents (92%) were categorized as having good sugar intake, 48 respondents (96%) good salt intake, and 42 respondents (84%) good fat intake. The Chi-Square test results indicated no significant relationship between knowledge and sugar, salt, and fat (SSA) similarly indicated no significant relationship between knowledge and salt consumption ($p = 0.170$) among adolescent girls in Jatirejo Village.

Conclusion: These findings indicate the absence of a significant relationship between knowledge and the consumption of sugar, salt, and fat (SSF) among adolescent girls in Jatirejo Village.

Keywords: knowledge, consumption, sugar salt fat (SSF), adolescent girls