

ABSTRAK

HUBUNGAN KONSUMSI MAKANAN MANIS DENGAN KADAR GULA DARAH ANAK DI MADRASAH ALIYAH DARUT TAQWA SOOKO WRINGINANOM GRESIK

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Konsumsi makanan manis merupakan kebiasaan mengonsumsi makanan dan minuman yang mengandung gula sederhana seperti sukrosa, glukosa, dan fruktosa. Konsumsi gula yang berlebihan dapat menyebabkan peningkatan kadar gula darah dan meningkatkan risiko terjadinya gangguan metabolisme. Penelitian ini bertujuan untuk mengetahui hubungan konsumsi makanan manis dengan kadar gula darah pada anak di Madrasah Aliyah Darut Taqwa Sooko Wringinanom Gresik yang dilakukan pada tanggal 28–29 April 2026. Desain penelitian yang digunakan adalah analitik observasional dengan pendekatan cross sectional. Populasi dalam penelitian ini adalah seluruh siswa kelas X, XI, dan XII Madrasah Aliyah Darut Taqwa Sooko Wringinanom Gresik sebanyak 125 siswa. Teknik sampling menggunakan total sampling sehingga diperoleh sampel sebanyak 125 responden. Instrumen penelitian menggunakan kuesioner Food Frequency Questionnaire (FFQ) untuk mengukur konsumsi makanan manis dan alat glucometer untuk mengukur kadar gula darah sewaktu. Analisis data menggunakan cross tabulation. Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki konsumsi makanan manis kategori sedang sebanyak 75 responden (60,0%), sedangkan kadar gula darah sebagian besar berada pada kategori normal sebanyak 99 responden (79,2%). Hasil penelitian ini menunjukkan bahwa meskipun sebagian besar responden memiliki kadar gula darah normal, konsumsi makanan manis yang cukup sering tetap berpotensi meningkatkan kadar gula darah apabila dilakukan secara terus-menerus. Oleh karena itu, pembatasan konsumsi makanan dan minuman manis sejak usia remaja perlu dilakukan sebagai upaya pencegahan gangguan metabolisme di kemudian hari. Terdapat hubungan antara konsumsi makanan manis dengan kadar gula darah pada anak di Madrasah Aliyah Darut Taqwa Sooko Wringinanom Gresik. Artinya, semakin tinggi konsumsi makanan manis maka semakin besar kecenderungan terjadinya peningkatan kadar gula darah pada anak.

Kata kunci: konsumsi makanan manis, kadar gula darah, anak.

ABSTRACT

THE RELATIONSHIP BETWEEN SWEET FOOD CONSUMPTION AND BLOOD GLUCOSE LEVELS AMONG STUDENTS AT MADRASAH ALIYAH DARUT TAQWA SOOKO WRINGINANOM GRESIK

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Sweet food consumption is the habit of consuming foods and beverages containing simple sugars such as sucrose, glucose, and fructose. Excessive sugar consumption can increase blood glucose levels and elevate the risk of metabolic disorders. This study aimed to determine the relationship between sweet food consumption and blood glucose levels among students at Madrasah Aliyah Darut Taqwa Sooko Wringinanom Gresik. The study was conducted on April 28–29, 2026. This research employed an observational analytic design with a cross-sectional approach. The population consisted of all students in grades X, XI, and XII at Madrasah Aliyah Darut Taqwa Sooko Wringinanom Gresik, totaling 125 students. The sampling technique used was total sampling, resulting in a sample of 125 respondents. The research instruments included a Food Frequency Questionnaire (FFQ) to measure sweet food consumption and a glucometer to measure random blood glucose levels. Data were analyzed using cross-tabulation. The results showed that most respondents had a moderate level of sweet food consumption, accounting for 75 respondents (60.0%), while the majority had normal blood glucose levels, accounting for 99 respondents (79.2%). The results of this study indicate that although most respondents had normal blood sugar levels, frequent consumption of sweet foods can still potentially increase blood sugar levels if done consistently. Therefore, limiting the consumption of sweet foods and drinks from adolescence is necessary to prevent metabolic disorders later in life. There was a relationship between sweet food consumption and blood glucose levels among students at Madrasah Aliyah Darut Taqwa Sooko Wringinanom Gresik. This indicates that higher sweet food consumption tends to be associated with a greater likelihood of increased blood glucose levels among students.

Keywords: sweet food consumption, blood glucose levels, students.