

ABSTRAK

HUBUNGAN *HEALTH BELIEF MODEL* DAN SIKAP REMAJA TENTANG *SUGAR ADDICTION* DENGAN RISIKO DIABETES MELITUS PADA SISWA SMK IDHOTUN NASYI'IN

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Remaja merupakan kelompok yang rentan memiliki kebiasaan konsumsi gula berlebih yang dapat berkembang menjadi *sugar addiction* dan berkontribusi terhadap peningkatan risiko diabetes melitus. Pencegahan sejak remaja perlu didukung oleh keyakinan kesehatan dan sikap yang tepat terhadap konsumsi gula. *Health Belief Model* (HBM) dan sikap dapat menjadi aspek penting dalam membentuk perilaku pencegahan diabetes melitus. Penelitian ini bertujuan menganalisis hubungan HBM dan sikap remaja tentang *sugar addiction* dengan risiko diabetes melitus pada siswa SMK Idhotun Nasyi'in Sugihwaras Kalitengah Lamongan. Penelitian kuantitatif dengan desain cross-sectional pada 56 siswa menggunakan total sampling. Instrumen penelitian meliputi kuesioner HBM, *kuesioner Knowledge, Attitude, and Practice* (KAP), dan *Finnish Diabetes Risk Score* (FINDRISC) yang dimodifikasi. Analisis menggunakan uji Spearman Rank. Sebanyak 55 responden (98,2%) memiliki HBM kategori tinggi dan 56 responden (100%) memiliki sikap negatif. Risiko diabetes melitus terdiri dari 22 responden (39,3%) kategori rendah, 19 (33,9%) sedang, dan 15 (26,8%) tinggi. HBM berhubungan signifikan dengan risiko diabetes melitus ($p=0,004$; $r=-0,382$), dengan korelasi lemah dan arah negatif. Sikap juga berhubungan signifikan dengan risiko diabetes melitus ($p=0,001$; $r=-0,443$), dengan korelasi sedang dan arah negatif. Semakin baik HBM dan sikap remaja tentang *sugar addiction*, semakin rendah risiko diabetes melitus.

Kata Kunci: Health Belief Model, Sikap Remaja, Sugar Addiction, Risiko Diabetes Melitus

ABSTRAK

HUBUNGAN *HEALTH BELIEF MODEL* DAN SIKAP REMAJA TENTANG *SUGAR ADDICTION* DENGAN RISIKO DIABETES MELITUS PADA SISWA SMK IDHOTUN NASYI'IN

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Adolescents are a group vulnerable to excessive sugar consumption habits, which can evolve into sugar addiction and contribute to an increased risk of diabetes mellitus. Prevention efforts starting in adolescence require support from appropriate health beliefs and attitudes regarding sugar consumption. The Health Belief Model (HBM) and attitudes are crucial factors in shaping behaviors for diabetes mellitus prevention. This study aimed to analyze the relationship between HBM, adolescent attitudes toward sugar addiction, and the risk of diabetes mellitus among students at SMK Idhotun Nasyi'in Sugihwaras, Kalitengah, Lamongan. A quantitative study with a cross-sectional design was conducted involving 56 students selected via total sampling. Research instruments included an HBM questionnaire, a Knowledge, Attitude, and Practice (KAP) questionnaire, and a modified Finnish Diabetes Risk Score (FINDRISC). Data were analyzed using the Spearman Rank test. Results showed that 55 respondents (98.2%) fell into the high HBM category, while all 56 respondents (100%) exhibited negative attitudes. Regarding diabetes mellitus risk, 22 respondents (39.3%) were in the low-risk category, 19 (33.9%) were moderate-risk, and 15 (26.8%) were high-risk. HBM was significantly associated with diabetes mellitus risk ($p=0.004$; $r=-0.382$), showing a weak, negative correlation. Attitudes were also significantly associated with diabetes mellitus risk ($p=0.001$; $r=-0.443$), showing a moderate, negative correlation. Thus, better HBM and attitudes regarding sugar addiction among adolescents are associated with a lower risk of diabetes mellitus.

Keywords: Health Belief Model, Adolescent Attitudes, Sugar Addiction, Diabetes Mellitus Risk