

**The Relationship between Hanging-Out Lifestyle, Sedentary Activities, and
Consumption of Sweetened Beverages with Nutritional Status
Student in College**

Fahrani Nur Ngizan

Clinical Nutrition Study Program

Departemen of Health

ABSTRACT

The prevalence of nutritional problems in Indonesia always increases every year. One of the causes of the increasing prevalence of nutritional problems, especially in the early adult age group, is changes in behavior and lifestyle. Hanging-out has become a consumptive lifestyle that is currently developing and is followed by the habit of consuming sweetened beverages and sedentary activities. This lifestyle can increase the incidence of nutritional problems such as obesity and overweight. The purpose of this study was to determine the relationship between the hanging-out lifestyle, sedentary activity, and consumption of sweetened beverages with the nutritional status of college students. This type of research is observational research with a cross-sectional design. Sampling using consecutive sampling techniques obtained a sample of 56 students with the criteria of being willing to be the subject, being college students aged 19–29 years, and having a habit of hanging out (at least 2 times/week). Data analysis used the Spearman Rho correlation test. The results showed that there was no relationship between the hanging-out lifestyle and sedentary activities with the nutritional status of students. However, there is a significant relationship between the consumption of sweetened beverages and the nutritional status of college students.

Keywords: Hanging-out, Sedentary Activities, Sweetened Beverages, Nutritional Status, College Students.