

The Relationship Between Smoking Habits and the Habit of Consuming Sweet Beverages with Nutritional Status: Case Study of Active Smoker College Students in the Automotive Engineering Program at the State Polytechnic of Jember

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ABSTRACT

Indonesia as a developing country continues to confront with various nutrition-related health issues. Smoking habits have been identified as indirect factors that can affect nutritional status. Smoking behavior is often associated with the consumption of sweet beverages. This study aimed to investigate the relationship between smoking habits, sweet beverage consumption, and nutritional status of students in the Automotive Engineering Program at the State Polytechnic of Jember. Using an analytical survey method with a cross-sectional approach using interview methods, questionnaires and direct anthropometric measurements. This study employed Proportionate Stratified Random Sampling to select 101 male students from the 2020, 2021, and 2022 cohorts who were willing to participate in the study. Data analysis was performed using an analytical *Fisher's Exact Test* and *Chi-Square*. The findings revealed a significant association between smoking habits and nutritional status among actively smoking students in the Automotive Engineering Program at the State Polytechnic of Jember. The nicotine content of cigarettes can influence eating habits, and dietary intake is a primary factor affecting nutritional status. However, no significant relationship was observed between sweet beverage consumption and nutritional status among actively smoking students in the same program. Nutritional status may be influenced by other factors such as dietary intake and physical activity levels of the respondents.

Keywords: Smoking, Sweet Beverages, Nutritional Status, College Students