

The Relationship between Individual Characteristics and Habits of Reading Nutritional Value Information with the Frequency of Consumption of Sugar-Sweetened Packaged Beverages in Students at Arjasa State High School

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ABSTRACT

Individual characteristics, poor reading habits of nutritional value information, and several other factors can affect the frequency of consumption of sugar-sweetened packaged beverages. The purpose of this study was to determine the relationship between individual characteristics and habits of reading nutritional value information and the frequency of consumption of sugar-sweetened packaged beverages among students at Arjasa Jember State Senior High School. This research method is quantitative research with a cross-sectional design. The research subjects totaled 93 people. Data collection used questionnaires of individual characteristics, habits of reading nutritional value information, and SQ-FFQ. Statistical analysis using SPSS 25.0 using the chi square test followed by the Mann-Whitney test. The results showed that individual characteristics, namely gender, had no relationship with the frequency of consumption of sugar-sweetened packaged beverages ($p = 0.067$). Individual characteristics in the form of pocket money also have no relationship with the frequency of consumption of sugar-sweetened packaged beverages ($p = 0.456$). In addition, the habit of reading nutritional value information has no relationship with the frequency of consumption of sugar-sweetened packaged beverages ($p = 0.915$).

Key words: individual characteristics, nutritional value information, sugar-sweetened packaged beverages.