

The Relationship Between Nutritional Knowledge Related to Sweetened Packaged Beverages and the Ability to Read Nutrition Information with the Frequency of Consumption of Sweetened Packaged Beverages (A Case Study at SMAN Arjasa)

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ABSTRACT

Sugar-Sweetened Packaged Beverages, also known as sweetened packaged drinks, are a type of packaged beverage containing sugar or sugar substitutes such as aspartame, sucralose, saccharin, and others. Teenagers are among the biggest consumers of packaged sweetened beverages. Nutritional knowledge related to sweetened packaged drinks and the ability to read nutrition facts can affect the frequency of consumption of sweetened packaged drinks among teenagers. The purpose of this study is to analyze the relationship between nutritional knowledge and the ability to read nutrition facts with the frequency of consumption of sweetened packaged drinks among teenagers. This research is observational with a cross-sectional research design. The study population consists of 10th and 11th-grade students at SMAN Arjasa in March 2024. Data collection was conducted using questionnaires. Statistical analysis was performed using SPSS 26 with the chi-square test. The results of this study show that 43 subjects (46.2%) have good nutritional knowledge related to sweetened packaged drinks. Subjects with good ability to read nutrition facts totaled 81 people or 87.1%. Subjects with high frequency of consumption of sweetened packaged drinks numbered 83 people or 89.2%. There is no relationship between nutritional knowledge related to sweetened packaged drinks and the frequency of consumption of sweetened packaged drinks among subjects at SMAN Arjasa ($p = 0.063$), and there is no relationship between

the ability to read nutrition facts and the frequency of consumption of sweetened packaged drinks among subjects at SMAN Arjasa ($p = 0.45$).

Keywords: *Nutritional Knowledge, Ability to Read Nutrition Facts, Frequency of Sweetened Packaged Beverage Consumption.*