

**DETERMINAN YANG BERPENGARUH TERHADAP KONSUMSI  
*SUGAR SWEETENED BEVERAGES* (SSBs) PADA SISWA SMA AL  
FALAH SURABAYA**

**SKRIPSI**



**UIN SUNAN AMPEL  
S U R A B A Y A**

**DESFRIANA FATIKA WARDHANA**

11040222015

**PROGRAM STUDI GIZI  
FAKULTAS PSIKOLOGI DAN KESEHATAN  
UNIVERSITAS ISLAM NEGERI SUNAN AMPEL SURABAYA**

**2026**

## HALAMAN PERNYATAAN KEASLIAN KARYA ILMIAH

Yang bertanda tangan di bawah ini:

Nama : Desfriana Fatika Wardhana  
NIM : 11040222015  
Program Studi : Gizi  
Fakultas : Psikologi dan Kesehatan  
Jenjang : Sarjana (S1)

Menyatakan bahwa saya tidak melakukan kegiatan plagiat dalam penulisan Skripsi saya yang berjudul:

**“Faktor Determinan yang Berpengaruh terhadap Konsumsi (*Sugar Sweetened beverages*) SSBs pada Siswa SMA Al Falah Surabaya”**

Apabila suatu saat nanti saya terbukti melakukan tindakan plagiat, maka saya akan menerima sanksi yang telah ditetapkan

Demikian surat pernyataan ini saya buat dengan sebenar-benarnya.

Surabaya, 6 Mei 2026



Desfriana Fatika Wardhana

11040222015

**HALAMAN PERSETUJUAN SKRIPSI**

**SKRIPSI**

**FAKTOR DETERMINAN YANG BERPENGARUH TERHADAP  
KONSUMSI *SUGAR SWEETENED BEVERAGES* (SSBs) PADA SISWA  
SMA AL FALAH SURABAYA**

Oleh :

Desfriana Fatika Wardhana  
1104020222015

Telah disetujui untuk diajukan pada Sidang Skripsi

Surabaya, 7 Mei 2026

**Dosen Pembimbing I**

**Dosen Pembimbing II**



Widya Nilandita, M.KL.  
NIP. 198410072014032002



Funsu Andiarna, M.Kes.  
NIP. 198710142014032002

## HALAMAN PENGESAHAN

SKRIPSI

**DETERMINAN YANG BEPENGARUH TERHADAP KONSUMSI  
SUGAR SWEETENED BEVERAGES (SSBs) PADA SISWA SMA AL  
FALAH SURABAYA**

### PENGESAHAN TIM PENGUJI SKRIPSI

Skripsi Desfria Fatika Wardhana ini telah dipertahankan di depan Penguji  
Skripsi

Di Surabaya, 18 Mei 2026

Mengesahkan,

Dewan Penguji

Penguji I



Widva Nilandita, M.KL  
NIP. 198410072014032002

Penguji II



Funsu Andarna, M.Kes  
NIP. 198710142014032002

Penguji III



Dedy Suprayogi, S.KM., M.KL  
NIP. 198512112014031002


Penguji IV



Dr. Eko Teguh Pribadi, SKM., M.Kes.  
NIP. 198001152014031001



Mengetahui,  
Dekan Fakultas Psikologi dan Kesehatan  
UIN Sunan Ampel Surabaya

  
Suryani, S.Ag., S.Psi., M.Si  
NIP. 197708122005012004



**KEMENTERIAN AGAMA  
UNIVERSITAS ISLAM NEGERI SUNAN AMPEL SURABAYA  
PERPUSTAKAAN**

Jl. Jend. A. Yani 117 Surabaya 60237 Telp. 031-8431972 Fax. 031-8413300  
E-Mail: [perpus@uinsby.ac.id](mailto:perpus@uinsby.ac.id)

---

**LEMBAR PERNYATAAN PERSETUJUAN PUBLIKASI  
KARYA ILMIAH UNTUK KEPENTINGAN AKADEMIS**

Sebagai sivitas akademika UIN Sunan Ampel Surabaya, yang bertanda tangan di bawah ini, saya:

Nama : Desfrianaf Fatika Wardhana  
NIM : 11040222015  
Fakultas/Jurusan : Psikologi dan Kesehatan/Gizi  
E-mail Address : [desfrianaf@gmail.com](mailto:desfrianaf@gmail.com)

Demi pengembangan ilmu pengetahuan, menyetujui untuk memberikan kepada Perpustakaan UIN Sunan Ampel Surabaya, Hak Bebas Royalti Non-Eksklusif atas karya ilmiah :

Skripsi     Tesis     Desertasi     Lain-lain (.....)  
yang berjudul :

**DETERMINAN YANG BERPENGARUH TERHADAP KONSUMSI SUGAR SWEETENED  
BEVERAGES (SSBS) PADA SISWA SMA AL FALAH SURABAYA**

beserta perangkat yang diperlukan (bila ada). Dengan Hak Bebas Royalti Non-Eksklusif ini Perpustakaan UIN Sunan Ampel Surabaya berhak menyimpan, mengalih-media/format-kan, mengelolanya dalam bentuk pangkalan data (database), mendistribusikannya, dan menampilkan/mempublikasikannya di Internet atau media lain secara *fulltext* untuk kepentingan akademis tanpa perlu meminta ijin dari saya selama tetap mencantumkan nama saya sebagai penulis/pencipta dan atau penerbit yang bersangkutan.

Saya bersedia untuk menanggung secara pribadi, tanpa melibatkan pihak Perpustakaan UIN Sunan Ampel Surabaya, segala bentuk tuntutan hukum yang timbul atas pelanggaran Hak Cipta dalam karya ilmiah saya ini.

Demikian pernyataan ini yang saya buat dengan sebenarnya.

Surabaya, 25 Juni 2026

Penulis

(Desfrianaf Fatika Wardhana)

## INTISARI

*Sugar-sweetened beverages* (SSBs) merupakan minuman yang diberi tambahan gula sederhana yang menambah kandungan energi karena padat kalori dan tinggi gula, tetapi memiliki sedikit kandungan zat gizi lain sehingga dapat meningkatkan risiko kejadian gizi lebih. Berdasarkan Survei Kesehatan Indonesia (2023) menjelaskan masyarakat Indonesia dengan usia  $\geq 3$  tahun mengonsumsi SSBs lebih dari 1 kali/hari konsumsi SSBs sebanyak 47,5% secara nasional. Di antara usia itu yang mendominasi remaja di rentang usia 15-19 tahun dengan persentase 56,4%. Penelitian ini bertujuan untuk mengetahui jumlah konsumsi SSBs dengan berbagai faktor determinannya pada siswa SMA Al Falah Surabaya tahun 2025. Penelitian ini menggunakan desain studi *cross sectional* dengan pendekatan kuantitatif observasional analitik. Sampel dengan jumlah responden sebanyak 116 siswa yang terpilih menggunakan *simple random sampling*. Data konsumsi SSBs diambil melalui wawancara *Semi Quantitative Food Frequency Questionnaire* (SQ-FFQ) dan menggunakan kuesioner *self efficacy*, ajakan teman sebaya, aksesibilitas SSBs, ketersediaan SSBs di rumah, paparan iklan dan media yang diadopsi dari beberapa jurnal serta aktivitas fisik yang menggunakan alat ukur (IPAQ). Hasil menunjukkan bahwa jenis kelamin ( $p$ -value = 0,449; OR = 1,605), uang saku ( $p$ -value = 0,028; OR = 6,574), *self efficacy* ( $p$ -value = 0,198; OR = 0,438), aktivitas fisik ( $p$ -value = 0,900; OR = 0,893), ajakan teman sebaya ( $p$ -value = 0,005; OR = 21,804), aksesibilitas SSBs ( $p$ -value = 0,176; OR = 2,628), ketersediaan SSBs di rumah ( $p$ -value = 0,421; OR = 1,699), paparan iklan & media ( $p$ -value = 0,06; OR = 0,294). Secara simultan, uang saku dan ajakan teman sebaya berpengaruh terhadap konsumsi SSBs pada Siswa SMA Al Falah Surabaya sebesar 41,2% dengan nilai sig. 0,001. Disimpulkan bahwa uang saku dan ajakan teman sebaya berpengaruh terhadap konsumsi SSBs. Variabel lain, jenis kelamin, *self efficacy*, aktivitas fisik, aksesibilitas SSBs, ketersediaan SSBs di rumah, dan paparan iklan&media tidak memiliki pengaruh terhadap konsumsi SSBs.

**Kata kunci :** faktor, konsumsi SSBs, remaja

## ABSTRACT

*Sugar-sweetened beverages (SSBs) are drinks with added simple sugars that increase energy content because they are calorie dense and high in sugar, but contain little other nutrients so they can increase the risk of overnutrition. Based on the Indonesian Health Survey (2023), it explains that Indonesians aged  $\geq 3$  years consume SSBs more than once a day, SSBs consumption is 47.5% nationally. Among that age group, the dominant group is adolescents in the 15-19 year age range with a percentage of 56.4%. This study aims to determine the amount of SSBs consumption and various determinants among Al Falah Surabaya High School students in 2025. This study used a cross-sectional study design with a quantitative observational analytic approach. The sample with a total of 116 respondents was selected using cross simple random sampling. SSBs consumption data were collected through Semi Quantitative Food Frequency Questionnaire (SQ-FFQ) interviews and using self-efficacy questionnaires, peer encouragement, SSBs accessibility, SSBs availability at home, exposure to advertisements and media adopted from several journals as well as physical activity using measuring instruments (IPAQ). The results showed that gender ( $p$ -value = 0.449; OR = 1.605), pocket money ( $p$ -value = 0.028; OR = 6.574), self-efficacy ( $p$ -value = 0.198; OR = 0.438), physical activity ( $p$ -value = 0.900; OR = 0.893), peer invitation ( $p$ -value = 0.005; OR = 21.804), SSBs accessibility ( $p$ -value = 0.176; OR = 2.628), SSBs availability at home ( $p$ -value = 0.421; OR = 1.699), advertising & media exposure ( $p$ -value = 0.06; OR = 0.294). Simultaneously, pocket money and peer invitation influenced SSBs consumption in Al Falah Surabaya High School Students by 41.2% with a sig. value of 0.001. It was concluded that pocket money and peer encouragement influenced SSB consumption. Other variables, gender, self-efficacy, physical activity, SSB accessibility, SSB availability at home, and exposure to advertising and media did not influence SSB consumption...*

**Keywords:** *factors, SSBs consumption, adolescents*

## DAFTAR ISI

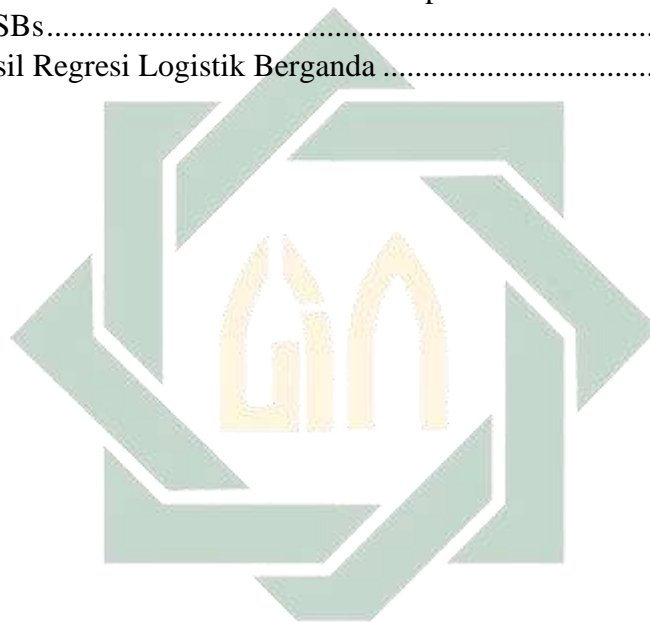
<b>HALAMAN JUDUL .....</b>	<b>i</b>
<b>HALAMAN PERSETUJUAN SKRIPSI .....</b>	<b>ii</b>
<b>HALAMAN PENGESAHAN.....</b>	<b>iii</b>
<b>HALAMAN PERNYATAAN KEASLIAN KARYA ILMIAH .....</b>	<b>iv</b>
<b>LEMBAR PERNYATAAN PERSETUJUAN PUBLIKASI KARYA ILMIAH .....</b>	<b>Kesalahan! Bookmark tidak ditentukan.</b>
<b>INTISARI .....</b>	<b>vi</b>
<b>ABSTRACT .....</b>	<b>vii</b>
<b>KATA PENGANTAR.....</b>	<b>viii</b>
<b>DAFTAR ISI.....</b>	<b>xi</b>
<b>DAFTAR TABEL .....</b>	<b>xiii</b>
<b>DAFTAR GAMBAR.....</b>	<b>xv</b>
<b>DAFTAR LAMPIRAN .....</b>	<b>xvi</b>
<b>BAB I PENDAHULUAN.....</b>	<b>1</b>
A. Latar Belakang .....	1
B. Rumusan Masalah.....	6
C. Tujuan Penelitian .....	7
D. Manfaat Penelitian .....	7
E. Keaslian Penelitian.....	8
<b>BAB II KAJIAN PUSTAKA.....</b>	<b>13</b>
A. Landasan Teori.....	13
1. <i>Sugar Sweetened Beverages (SSBs)</i> .....	13
2. Remaja.....	22
3. Teori dan Konsep Dasar Berkaitan dengan Faktor Konsumsi SSBs ..	24
4. Faktor yang Berpengaruh terhadap Konsumsi SSBs pada Remaja.....	27
B. Kerangka Teori .....	35
C. Kerangka Konsep.....	36
D. Hipotesis .....	36
<b>BAB III METODOLOGI PENELITIAN .....</b>	<b>38</b>
A. Desain Penelitian .....	38
B. Tempat dan Waktu Penelitian.....	38

C.	Populasi dan Sampel .....	40
D.	Variabel Penelitian .....	42
E.	Definisi Operasional .....	43
F.	Prosedur Penelitian .....	48
	1. Instrumen Penelitian.....	48
	2. Jenis Data.....	49
	3. Prosedur Pengumpulan Data.....	61
G.	Analisis Data.....	64
<b>BAB IV HASIL DAN PEMBAHASAN .....</b>		<b>66</b>
A.	Gambaran Umum Tempat Penelitian.....	66
B.	Karakteristik Demografi Siswa.....	67
C.	Deskripsi Temuan Penelitian .....	69
D.	Pembahasan.....	82
	1. Pengaruh Jenis Kelamin terhadap Konsumsi SSBs pada Siswa SMA Al Falah.....	82
	2. Pengaruh Uang Saku terhadap Konsumsi SSBs pada Siswa SMA Al Falah Surabaya.....	83
	3. Pengaruh <i>Self-efficacy</i> terhadap Konsumsi SSBs pada Siswa SMA Al Falah Surabaya.....	86
	4. Pengaruh Aktivitas Fisik terhadap Konsumsi SSBs pada Siswa SMA Al Falah Surabaya.....	87
	5. Pengaruh Ajakan Teman Sebaya terhadap Konsumsi SSBs pada Siswa SMA Al Falah Surabaya.....	89
	6. Pengaruh Aksesibilitas SSBs terhadap Konsumsi SSBs pada Siswa SMA Al Falah Surabaya.....	91
	7. Pengaruh Ketersediaan SSBs di Rumah terhadap Konsumsi SSBs...92	
	8. Pengaruh Paparan Iklan & Media terhadap Konsumsi SSBs.....	94
	9. Determinan yang Berpengaruh terhadap Konsumsi SSBs.....	95
<b>BAB V PENUTUP.....</b>		<b>97</b>
A.	Kesimpulan .....	97
B.	Saran .....	98
<b>DAFTAR PUSTAKA .....</b>		<b>99</b>
<b>LAMPIRAN.....</b>		<b>110</b>

## DAFTAR TABEL

Tabel 1 Keaslian Penelitian.....	9
Tabel 2 Jadwal Penelitian.....	39
Tabel 3 Definisi Operasional .....	43
Tabel 4 Kode Jenis Kelamin .....	49
Tabel 5 Kode Uang Saku .....	49
Tabel 6 Skala Likert.....	50
Tabel 7 Kategori Skor <i>Self-efficacy</i> .....	51
Tabel 8 Blueprint Kuesioner <i>Self-efficacy</i> .....	51
Tabel 9 Hasil Uji Validitas Kuesioner <i>Self-efficacy</i> .....	52
Tabel 10 Kategori Skor Aktivitas Fisik .....	53
Tabel 11 Hasil Uji Validitas Kuesioner Aktivitas Fisik.....	53
Tabel 12 Kode Ajakan Teman Sebaya.....	54
Tabel 13 Kategori Skor Ajakan Teman Sebaya.....	54
Tabel 14 Blueprint Kuesioner Ajakan Teman Sebaya.....	54
Tabel 15 Hasil Uji Validitas Kuesioner Ajakan Teman Sebaya.....	55
Tabel 16 Skala Likert Aksesibilitas SSBs.....	55
Tabel 17 Kategori Skor Aksesibilitas SSBs.....	56
Tabel 18 Blueprint Kuesioner Aksesibilitas SSBs.....	56
Tabel 19 Hasil Uji Validitas Kuesioner Aksesibilitas SSBs.....	56
Tabel 20 Kode FFQ.....	57
Tabel 21 Skor Ketersediaan SSBs di Rumah.....	57
Tabel 22 Hasil Uji Validitas Kuesioner Ketersediaan SSBs di Rumah.....	57
Tabel 23 <i>Blueprint</i> Kuesioner Paparan Iklan & Media.....	58
Tabel 24 Skala Likert Paparan Iklan & Media.....	58
Tabel 25 Kategori Skor Paparan Iklan & Media.....	59
Tabel 26 Hasil Uji Validitas Kuesioner Paparan Iklan & Media.....	59
Tabel 27 Hasil Uji Reliabilitas Kuesioner .....	60
Tabel 28 Kategori Skor Konsumsi SSBs .....	61
Tabel 29 Distribusi Frekuensi Siswa.....	67
Tabel 30 Distribusi Frekuensi Siswa Berdasarkan Jenis Kelamin.....	69
Tabel 31 Distribusi Frekuensi Siswa Berdasarkan Uang Saku.....	70
Tabel 32 Distribusi Frekuensi Siswa Berdasarkan <i>Self-efficacy</i> .....	71
Tabel 33 Distribusi Frekuensi Siswa Berdasarkan Aktivitas Fisik.....	71
Tabel 34 Distribusi Frekuensi Siswa Berdasarkan Ajakan Teman Sebaya .....	72
Tabel 35 Distribusi Frekuensi Siswa Berdasarkan Aksesibilitas SSBs .....	72
Tabel 36 Distribusi Frekuensi Siswa Berdasarkan Ketersediaan SSBs di Rumah	73
Tabel 37 Distribusi Frekuensi Siswa Berdasarkan Paparan Iklan & Media .....	74
Tabel 38 Distribusi Responden yang Mengonsumsi SSBs.....	75
Tabel 39 Distribusi Frekuensi Berdasarkan Jenis Kelamin terhadap Konsumsi SSBs.....	76

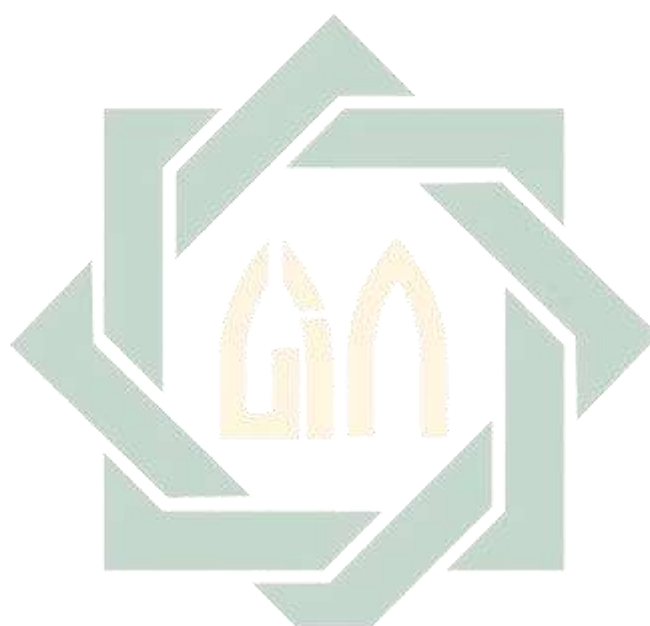
Tabel 40 Distribusi Frekuensi Berdasarkan Uang Saku terhadap Konsumsi SSBs .....	77
Tabel 41 Distribusi Frekuensi Berdasarkan Self-efficacy terhadap Konsumsi SSBs .....	77
Tabel 42 Berdasarkan Aktivitas Fisik terhadap Konsumsi SSBs .....	78
Tabel 43 Berdasarkan Ajakan Teman Sebaya terhadap Konsumsi SSBs.....	78
Tabel 44 Distribusi Frekuensi Berdasarkan Aksesibilitas SSBs terhadap Konsumsi SSBs .....	79
Tabel 45 Distribusi Frekuensi Berdasarkan Ketersediaan SSBs di Rumah dengan Konsumsi SSBs.....	80
Tabel 46 Distribusi Frekuensi Berdasarkan Paparan Iklan& Media terhadap Konsumsi SSBs.....	80
Tabel 47 Hasil Regresi Logistik Berganda .....	81



UIN SUNAN AMPEL  
S U R A B A Y A

## DAFTAR GAMBAR

Gambar 1 Kerangka Teori.....	35
Gambar 2 Kerangka Konsep.....	36



UIN SUNAN AMPEL  
S U R A B A Y A

## DAFTAR LAMPIRAN

Lampiran 1 Surat Studi Pendahuluan.....	110
Lampiran 2 Surat Studi Pendahuluan.....	111
Lampiran 3 Surat Izin Penelitian.....	112
Lampiran 4 Informed Consent .....	113
Lampiran 5 Uji Validitas dan Reliabilitas.....	114
Lampiran 6 Data Distribusi Variabel Penelitian .....	120
Lampiran 7 Data Uji Statistik Bivariat.....	122
Lampiran 8 Analisis Multivariat .....	125
Lampiran 9 Kuesioner Identitas Responden .....	127
Lampiran 10 Kuesioner <i>Self Efficacy</i> .....	128
Lampiran 11 Kuesioner Aktivitas Fisik .....	129
Lampiran 12 Ajakan teman sebaya .....	131
Lampiran 13 Aksesibilitas SSBs.....	132
Lampiran 14 Ketersediaan SSBs di Rumah .....	133
Lampiran 15 Paparan Iklan & Media.....	134
Lampiran 16 Kuesioner SQ-FFQ.....	135
Lampiran 17 Kandungan Gula SSBs .....	141

UIN SUNAN AMPEL  
S U R A B A Y A

## DAFTAR PUSTAKA

- Aderisa. (2020). Faktor yang Berhubungan dengan Frkuensi Konsumsi Boba Drinks pada mahasiswa S1 Reguler fakultas kesehatan masyarakat universitas indonesia tahun 2020.
- AlTamimi, J. Z., Alshwaiyat, N. M., Alkhalidy, H., AlKehayez, N. M., Alagal, R. I., Alsaikan, R. A., Alsemari, M. A., BinMowyna, M. N., & AlFaris, N. A. (2023). Sugar-Sweetened Beverages Consumption in a Multi-Ethnic Population of Young Men and Association with Sociodemographic Characteristics and Obesity. *International Journal of Environmental Research and Public Health*, 20(6). <https://doi.org/10.3390/ijerph20064861>
- Apriliansi Sonjaya, R. (2024). Faktor yang Berhubungan dengan Kejadian Diabetes Melitus di Wilayah Kerja UPTD Puskesmas Cibiru Kota Bandung Tahun 2024 [PhD Thesis, Universitas Bhakti Kencana]. <https://repository.bku.ac.id/id/eprint/313/>
- Atorkey, P., Akwei, M., & Asare-Doku, W. (2021). Consumption of carbonated soft drinks among Ghanaian adolescents: Associations with socio-demographic factors, health risk factors and psychological distress. *Nutrition and Health*, 27(3), 329–336. <https://doi.org/10.1177/0260106021996933>
- Aulia, N., Nafsi, A., Fatimah, A. S., Nadhifa, A. A., & Caniago, S. A. (2025). Konsumerisme sebagai Bentuk Identitas Sosial Remaja Urban Di Era Media Sosial. *Sinergi: Jurnal Ilmiah Multidisiplin*, 1(2), 884–909. <https://publikasi.ahlalkamal.com/index.php/sinergi/article/view/94>
- Badan Kependudukan dan Keluarga Berencana Nasional. (2025). Mari jaga Kesehatan Reproduksi kita “ Cegah Penyakit dan Rencanakan Keluarga.” <https://kampungkb.bkkbn.go.id/kampung/83424/intervensi/1764238/mari-jaga-kesehatan-reproduksi-kita-cegah-penyakit-dan-rencanakan-keluarga>
- Bandura, A. (1986). *Social foundations of thought and action*. Englewood Cliffs, NJ, 1986(23–28), 2. <https://books.google.com/books?hl=en&lr=&id=PdY9o3l5vpYC&oi=fnd&pg=PA94&dq=social+foundations+of+thought&ots=uHh-vWYn8O&sig=nx7HBRwpbOIUABAEcxpas6Kx4iE>
- Bandura, A., & Doll, E. B. (2005). *Teori Belajar Sosial (Vol. 101)*. <https://www.academia.edu/download/112951136/95747721.pdf#page=108>
- Barisic, V., Ačkar, \DJur\ djica, Lončarević, I., Petrović, J., Benšić, M., Paulik, D., Doko, K., Jozinović, A., Babić, J., & Šubarić, D. (2024). Cocoa Shell as a Bulking Agent in Nutritionally Improved Cocoa Spreads with Sugar Substitutes. *Current Research in Nutrition & Food Science*, 12(3). <https://search.ebscohost.com/login.aspx?direct=true&profile=ehost&scope=site&authtype=crawler&jrnl=2347467X&AN=184740716&h=B9gvBTrqFFEIE%2BBSWXIANuVZKWd50LAFqLT%2BOye0xVQ%2Bhpb2PNUhXnlLPk%2BqeuSoeHICm%2BpHN9kl7kXkU8rcw%3D%3D&crl=c>

- Barraj, L. M., Bi, X., Murphy, M. M., Scrafford, C., & Tran, N. L. (2019). Comparisons of Nutrient Intakes and Diet Quality among Water-Based Beverage Consumers. *Nutrients*, 11(2). <https://doi.org/10.3390/nu11020314>
- Baumeister, R. (2018). *Self-regulation and self-control: Selected works of Roy F. Baumeister*. Routledge. [https://books.google.com/books?hl=en&lr=&id=08hHDwAAQBAJ&oi=fnd&pg=PA1987&dq=books+self+control+theory&ots=9\\_7cCMiVnb&sig=BnAbj9HVB1jBZPDLKT75puharv4](https://books.google.com/books?hl=en&lr=&id=08hHDwAAQBAJ&oi=fnd&pg=PA1987&dq=books+self+control+theory&ots=9_7cCMiVnb&sig=BnAbj9HVB1jBZPDLKT75puharv4)
- Bawadi, H., Khataybeh, T., Obeidat, B. A., Kerkadi, A., Tayyem, R., Banks, A., & Subih, H. S. (2019). Sugar-Sweetened Beverages Contribute Significantly to College Students' Daily Caloric Intake in Jordan: Soft Drinks Are Not the Major Contributor. *Nutrients*, 11(5). <https://doi.org/10.3390/nu11051058>
- Bawajeeh, A. O., Albar, S. A., Zhang, H., Zulyniak, M. A., Evans, C. E., & Cade, J. E. (2020). Impact of taste on food choices in adolescence—Systematic review and meta-analysis. *Nutrients*, 12(7), 1985. <https://www.mdpi.com/2072-6643/12/7/1985>
- Bay, A. Z., Astaginy, N., & Darmawati, D. (2025). Pengaruh Literasi Keuangan dan Self of Control terhadap Minat Menabung dengan Uang Saku sebagai Variabel Moderasi pada Pelajar SMA Negeri 1 Tanggeta di Kabupaten Kolaka. *Benefit: Journal of Business, Economics, and Finance*, 3(2), 2610–2622. <https://publikasi.abidan.org/index.php/benefit/article/view/1460>
- Bragança, M. L. B. M., Bogéa, E. G., Viola, P. C. de A. F., Vaz, J. dos S., Confortin, S. C., Menezes, A. M. B., Gonçalves, H., Bettiol, H., Barbieri, M. A., Cardoso, V. C., & Silva, A. A. M. da. (2023). High Consumption of Sugar-Sweetened Beverages Is Associated with Low Bone Mineral Density in Young People: The Brazilian Birth Cohort Consortium. *Nutrients*, 15(2). <https://doi.org/10.3390/nu15020324>
- Britto Neves, A. F. G. de, Toledo Vianna, R. P. de, & Lopes, M. T. (2022). Association between Cardiovascular Risk in Adolescents and Daily Consumption of Soft Drinks: A Brazilian National Study. *International Journal of Cardiovascular Sciences*, 35, 585–592. <https://doi.org/https://doi.org/10.36660/ijcs.20200268>
- Bronfenbrenner, U. (1979). *The ecology of human development: Experiments by nature and design*. Harvard university press. <https://books.google.com/books?hl=en&lr=&id=OCmbzWka6xUC&oi=fnd&pg=PA3&dq=the+ecology+of+human+development:+experiments+by+nature+and+design+cambridge+Bronfenbrenner+U+1979&ots=yAQ2P4PMe9&sig=2LHhZtkpKFJZHNTbv9GG2r3C54Y>
- Brown, A., Bolton, K. A., Clarke, B., Fraser, P., Lowe, J., Kays, J., Hovmand, P. S., & Allender, S. (2022). System dynamics modelling to engage community stakeholders in addressing water and sugar sweetened beverage consumption. *International Journal of Behavioral Nutrition and Physical Activity*, 19(1). <https://doi.org/10.1186/s12966-022-01363-4>

- CDC. (2025, June 9). Centers for Disease Control and Prevention. <https://www.cdc.gov/index.html>
- Chen, X., Hu, X., Fang, J., Sun, X., Zhu, F., Sun, Y., & Wang, Y. (2022). Association of oral microbiota profile with sugar-sweetened beverages consumption in school-aged children. *International Journal of Food Sciences and Nutrition*. (world). <https://www.tandfonline.com/doi/abs/10.1080/09637486.2021.1913102>
- Daeli, W. A. C., & Nurwahyuni, A. (2019). Determinan Sosial Ekonomi Konsumsi Minuman Berpemanis di Indonesia: Analisis Data Susenas 2017. *Jurnal Ekonomi Kesehatan Indonesia*, 4(1). <https://doi.org/10.7454/eki.v4i1.3066>
- Debora Karyoko. (2024). Faktor-Faktor yang Berhubungan Dengan Konsumsi Sugar-Sweetened Beverages (SSBs) Pada Siswa/I SMA Negeri 68 Jakarta Tahun 2024. <https://lib.ui.ac.id/detail?id=9999920545529&lokasi=lokal>
- Diasty, C. A., Periantalo, J., & Nofrianda, R. (2025). Hubungan Antara Kontrol Diri dengan Perilaku Kosumtif Pada Remaja Pengguna Shopee di SMAN 3 Kota Jambi [PhD Thesis, Universitas Jambi]. <https://repository.unja.ac.id/76567/>
- Dinda, P. (2023). Hubungan Tayangan Food Vlog terhadap Perilaku Pembelian Remaja pada SUGAR-SWEETENED BEVERAGES (SSBS) (Studi Terhadap Followers Akun Instagram@ sigerfoodies). <https://digilib.unila.ac.id/73245/>
- Dipinto, R. N. P., & Setyowati, M. S. (2024). BEST PRACTICE PEMUNGUTAN CUKAI ATAS MINUMAN BERPEMANIS DALAM KEMASAN DI FILIPINA. *Journal Perspektif Bea Dan Cukai*, 8(2). <https://jurnal.pknstan.ac.id/index.php/PBC/article/download/2975/1544>
- Eksangkul, N., & Nuangjamnong, C. (2022). The factors affecting customer satisfaction and repurchase intention: A case study of bubble tea in Bangkok, Thailand. *AU-HIU International Multidisciplinary Journal*, 2, 8–20. <https://assumptionjournal.au.edu/index.php/auhiu/article/view/6258>
- Fadhil, M. I. I. (2025). Peran Orang Tua dalam Meningkatkan Performa Atlet Sepak Bola di SSB Suro Soccer Surabaya. *Jurnal Prestasi Olahraga*, 8(5), 1340–1344. <https://ejournal.unesa.ac.id/index.php/jurnal-prestasi-olahraga/article/view/71753>
- Fancourt, D., Aughterson, H., Finn, S., Walker, E., & Steptoe, A. (2021). How leisure activities affect health: A narrative review and multi-level theoretical framework of mechanisms of action. *The Lancet Psychiatry*, 8(4), 329–339. [https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(20\)30384-9/abstract](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(20)30384-9/abstract)
- Farsad-Naeimi, A., Asjodi, F., Omidian, M., Askari, M., Nouri, M., Pizarro, A. B., & Daneshzad, E. (2020). Sugar consumption, sugar sweetened beverages and Attention Deficit Hyperactivity Disorder: A systematic review and meta-analysis. *Complementary Therapies in Medicine*, 53, 102512. <https://www.sciencedirect.com/science/article/pii/S0965229919320540>
- Fatikasari, K. Z. (2020). Hubungan Pengaruh Media Sosial dan Faktor Lainnya dengan Konsumsi Sugar-Sweetened Beverages pada Siswa SMAN 25 Jakarta Tahun 2020. Universitas Indonesia.

- Ferretti, F., & Mariani, M. (2019). Sugar-sweetened beverage affordability and the prevalence of overweight and obesity in a cross section of countries. *Globalization and Health*, 15(1), 30. <https://doi.org/10.1186/s12992-019-0474-x>
- Fleary, S. A., Fenton, T., Rastogi, S., Ali, Z., & Bartholomew, D. (2025). The Relationship Between Media Food Marketing Influence and Unhealthy Food Intake in Parent–Adolescent Dyads: An Actor–Partner Interdependence Model. *Adolescents*, 5(4), 62. <https://www.mdpi.com/2673-7051/5/4/62>
- Florina, S., & Zagoto, L. (2019). Efikasi diri dalam proses pembelajaran. *Jurnal Review Pendidikan Dan Pengajaran*, 2(2), 386–391. <https://core.ac.uk/download/pdf/322599483.pdf>
- Fontes, A. S., Pallottini, A. C., Vieira, D. A. dos S., Fontanelli, M. de M., Marchioni, D. M., Cesar, C. L. G., Alves, M. C. G. P., Goldbaum, M., & Fisberg, R. M. (2020). Demographic, socioeconomic and lifestyle factors associated with sugar-sweetened beverage intake: A population-based study. *Revista Brasileira de Epidemiologia*, 23, e200003. <https://www.scielo.org/article/rbepid/2020.v23/e200003/>
- Gan, W. Y., Mohamed, S. F., & Law, L. S. (2019). Unhealthy lifestyle associated with higher intake of sugar-sweetened beverages among Malaysian school-aged adolescents. *International Journal of Environmental Research and Public Health*, 16(15), 2785. <https://www.mdpi.com/1660-4601/16/15/2785>
- Gesualdo, N., & Yanovitzky, I. (2019). Advertising susceptibility and youth preference for and consumption of sugar-sweetened beverages: Findings from a national survey. *Journal of Nutrition Education and Behavior*, 51(1), 16–22. <https://www.sciencedirect.com/science/article/pii/S1499404618308510>
- Hadijah, S., Juliana, N., & Sugarni, M. (2026). Hubungan Jumlah Anggota Keluarga, Pendapatan Orang Tua, dan Nominal Uang Saku terhadap Kebiasaan Makan Siswa SMA 2 Raha. *Jurnal Ilmiah Fakultas Manajemen Dan Bisnis Universitas Karya Persada Muna (ALASKA)*, 2(1), 64–75. <https://e-journal.ukpm.ac.id/index.php/ALASKA/article/view/237>
- Ica Agatha, K. (2022). HUBUNGAN PAPARAN IKLAN JUNK FOOD, PERILAKU KONSUMSI JUNK FOOD DAN AKTIVITAS FISIK TERHADAP KEJADIAN OVERWEIGHT PADA REMAJA PUTRI SMA NEGERI DI KOTA JAMBI TAHUN 2022 [PhD Thesis, Universitas Jambi]. <https://repository.unja.ac.id/43321/>
- Irawan, D. H. D. (2022). Hubungan Pengetahuan Gizi, Kebiasaan Konsumsi Junk Food, dan Makanan Berserat Terhadap Status Gizi Siswa SMA N 1 Salaman. Universitas Islam Negeri Walisongo. *Www. Aging-Us. Com*. <https://eprints.walisongo.ac.id/id/eprint/17328/>
- Karyoko, D., Putra, W. K. Y., & Prasetyo, T. J. (2025). Factors Related to the Consumption of Sugar-Sweetened Beverages (SSBs) Among High School Students at SMA Negeri 68 Jakarta in 2024. *Indonesian Journal of Public Health Nutrition (IJPHN)*, 5(1), 3. <https://scholarhub.ui.ac.id/ijphn/vol5/iss1/3/>

- Kemenkes, B. K. P. . (2023). Survei Kesehatan Indonesia (SKI) 2023. Badan Kebijakan Pembangunan Kesehatan | BKPK Kemenkes. <https://kemkes.go.id/id/survei-kesehatan-indonesia-ski-2023hasil-ski-2023/>
- Khan, I. (2019, May 24). Prevalence of overweight and obesity among adolescents in Bangladesh: Do eating habits and physical activity have a gender differential effect? [https://scholar.google.com/scholar?hl=en&as\\_sdt=0%2C5&q=Prevalence+of+overweight+and+obesity+among+adolescents+in+Bangladesh%3A+d+o+eating+habits+and+physical+activity+have+a+gender+differential+effect%3F&btnG=](https://scholar.google.com/scholar?hl=en&as_sdt=0%2C5&q=Prevalence+of+overweight+and+obesity+among+adolescents+in+Bangladesh%3A+d+o+eating+habits+and+physical+activity+have+a+gender+differential+effect%3F&btnG=)
- Khoerunisa, D., & Istianah, I. (2021). Hubungan asupan zat gizi makro dan aktivitas fisik dengan status gizi pada remaja: The relationship of macro nutritional intake and physical activity with nutritional status in adolescents. *Jurnal Pangan Kesehatan Dan Gizi Universitas Binawan*, 2(1), 51–61. <https://journal.binawan.ac.id/JAKAGI/article/view/236>
- Kleppang, A. L., Ridder, K. D., Haugland, S. H., & Stea, T. H. (2021). Physical activity, sugar-sweetened beverages, whole grain bread and insomnia among adolescents and psychological distress in adulthood: Prospective data from the population-based HUNT study. *International Journal of Behavioral Nutrition and Physical Activity*, 18(1). <https://doi.org/10.1186/s12966-021-01215-7>
- Kuo, C.-T., Chen, D.-R., Chan, C.-C., Yeh, Y.-P., & Chen, H.-H. (2022). Sex differences in the association between sugar-sweetened beverages consumption and metabolic risks among the working-age population in Taiwan. *Public Health Nutrition*, 26(3), 653–660. <https://doi.org/10.1017/S1368980022001549>
- Labaro, V. G. F. (2025). Pengaruh Pemberian Minuman Isotonik terhadap Status Hidrasi pada talet SMA Negeri Olahraga, Tadulako [PhD Thesis, Universitas Tadulako]. <https://repository.untad.ac.id/id/eprint/152115/1/N10122020.pdf>
- Lana Albert. (2021). Consumption of Sugar-Sweetened Beverages Is Positively Related to Insulin Resistance and Higher Plasma Leptin Concentrations in Men and Nonoverweight Women—ScienceDirect. [https://www.sciencedirect.com/science/article/pii/S0022316622009397?utm\\_source=chatgpt.com](https://www.sciencedirect.com/science/article/pii/S0022316622009397?utm_source=chatgpt.com)
- Lee, J., & Allen, J. (2023). Sugar-sweetened beverage consumption and sleep duration among adult men: The role of race and ethnicity. *Journal of Men's Health*, 19(8), 53–59. <https://oss.jomh.org/files/article/20230830-72/pdf/JOMH2023022802.pdf>
- Lichtenstein, A. H., Appel, L. J., Vadiveloo, M., Hu, F. B., Kris-Etherton, P. M., Rebholz, C. M., Sacks, F. M., Thorndike, A. N., Van Horn, L., Wylie-Rosett, J., & on behalf of the American Heart Association Council on Lifestyle and Cardiometabolic Health; Council on Arteriosclerosis, Thrombosis and Vascular Biology; Council on Cardiovascular Radiology and Intervention; Council on Clinical Cardiology; and Stroke Council.

- (2021). 2021 Dietary Guidance to Improve Cardiovascular Health: A Scientific Statement From the American Heart Association. *Circulation*, 144(23). <https://doi.org/10.1161/CIR.0000000000001031>
- Liu, Y., Xu, Y., Sun, Z., & Gao, S. (2025). Joint association of physical activity and sugar-sweetened beverages with obesity in young US adults: A cross-sectional analysis of NHANES 2007–2020. *Preventive Medicine Reports*, 53, 103043. <https://www.sciencedirect.com/science/article/pii/S2211335525000828>
- Malik, V. S., & Hu, F. B. (2022). The role of sugar-sweetened beverages in the global epidemics of obesity and chronic diseases. *Nature Reviews. Endocrinology*, 18(4), 205–218. <https://doi.org/10.1038/s41574-021-00627-6>
- Malik, V. S., Li, Y., Pan, A., De Koning, L., Schernhammer, E., Willett, W. C., & Hu, F. B. (2019). Long-Term Consumption of Sugar-Sweetened and Artificially Sweetened Beverages and Risk of Mortality in US Adults. *Circulation*, 139(18), 2113–2125. <https://doi.org/10.1161/CIRCULATIONAHA.118.037401>
- Manik, T. T. E., Gusnardi, G., & Isjoni, M. Y. R. (2024). Pengaruh Online Shop dan Uang Saku terhadap Perilaku Konsumtif Dengan Gaya Hidup Sebagai Variabel Moderasi pada Siswa SMA Santa Maria Pekanbaru | *JiIP - Jurnal Ilmiah Ilmu Pendidikan*. <https://www.jiip.stkipyapisdmpu.ac.id/jiip/index.php/JiIP/article/view/5906>
- Meinda, J. (2025). Dampak Coffee Shop terhadap Perilaku Sosial Remaja (studi pada Bento Kopi Sukarame Bandar Lampung) [Diploma, UIN RADEN INTAN LAMPUNG]. <https://repository.radenintan.ac.id/40536/>
- Miller, C., Ettridge, K., Wakefield, M., Pettigrew, S., Coveney, J., Roder, D., Durkin, S., Wittert, G., Martin, J., & Dono, J. (2020). Consumption of Sugar-Sweetened Beverages, Juice, Artificially-Sweetened Soda and Bottled Water: An Australian Population Study. *Nutrients*, 12(3), 817. <https://doi.org/10.3390/nu12030817>
- Nadhiroh, S. R. (2022). Hubungan Antara Tingkat Konsumsi Fast Food dan Aktivitas Fisik dengan Status Gizi Lebih pada Siswa SMA Al Falah Surabaya. *Media Publikasi Promosi Kesehatan Indonesia (MPPKI)*, 5(11), 1383–1389. <https://doi.org/10.56338/mppki.v5i11.2760>
- Nasution, A. S. (2025). Pengaruh uang saku dan lingkungan sosial terhadap perilaku konsumsi mahasiswa dengan lifestyle sebagai variabel moderating [PhD Thesis, UIN Syekh Ali Hasan Ahmad Addary Padangsidempuan]. <http://etd.uinsyahada.ac.id/id/eprint/12887>
- Neuenschwander, M., Ballon, A., Weber, K. S., Norat, T., Aune, D., Schwingshackl, L., & Schlesinger, S. (2019). Role of diet in type 2 diabetes incidence: Umbrella review of meta-analyses of prospective observational studies. *Bmj*, 366. <https://www.bmj.com/content/366/bmj.l2368.abstract>
- Noll, P. R. e S., Noll, M. A., Abreu, L. C. de, Baracat, E. C., Silveira, É. A., & Sorpreso, I. C. E. (2019). Ultra-processed food consumption by Brazilian

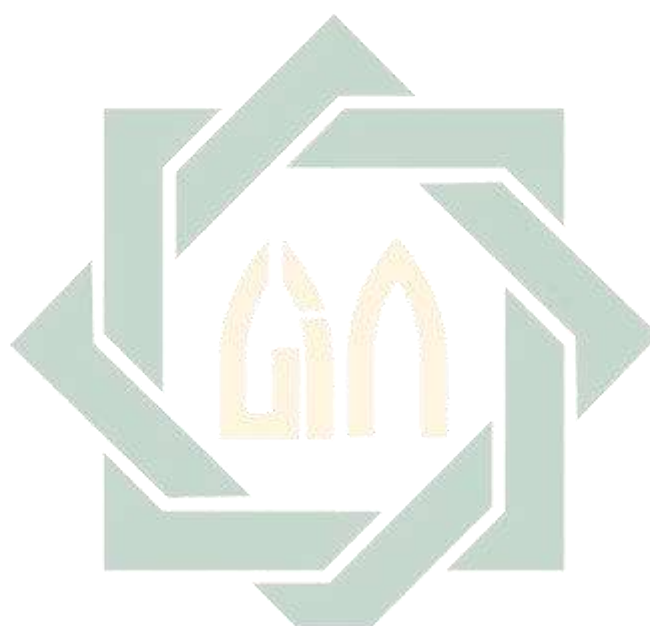
- adolescents in cafeterias and school meals. *Scientific Reports*, 9(1). <https://doi.org/10.1038/s41598-019-43611-x>
- Notoatmodjo, S., Kasiman, S., & Kintoko Rohadi, R. (2018). Patient's Behaviour with Coronary heart disease Viewed from Socio-Cultural aspect of Aceh Society in Zainoel Abidin Hospital. *MATEC Web of Conferences*, 150, 05065. [https://www.matec-conferences.org/articles/mateconf/abs/2018/09/mateconf\\_mucet2018\\_05065/mateconf\\_mucet2018\\_05065.html](https://www.matec-conferences.org/articles/mateconf/abs/2018/09/mateconf_mucet2018_05065/mateconf_mucet2018_05065.html)
- Oktaviani, R. I., Dina, R. A., Fajriah, E., & Zahra, A. (2024). Pola Konsumsi Sayur dan Buah dan Status Gizi Remaja di Desa Babakan. *Jurnal Sains Dan Teknologi Kesehatan*, 4(2). <https://doi.org/10.52234/jstk.v4i2.295>
- Oni Puji, L. (2024). FAKTOR YANG MEMPENGARUHI TINGKAT KEBUGARAN SISWA SEKOLAH DASAR USIA 10-12 TAHUN DI WILAYAH PUSKESMAS KEPANJENKIDUL. Repository STIKes Patria Husada Blitar. <http://repository.phb.ac.id/id/eprint/1250>
- Organization, W. H. (2022). WHO manual on sugar-sweetened beverage taxation policies to promote healthy diets. World Health Organization. <https://books.google.com/books?hl=en&lr=&id=wnkOEQAAQBAJ&oi=fnd&pg=PR3&dq=definition+sugar+sweetened+beverages+based+WHO&ots=CoIGkxM4Gh&sig=C8SyQkIagUb4N5sZKbEQo3MKJik>
- Paglia, L., Friuli, S., Colombo, S., & Paglia, M. (2019). The effect of added sugars on children's health outcomes: Obesity, Obstructive Sleep Apnea Syndrome (OSAS), Attention-Deficit/Hyperactivity Disorder (ADHD) and chronic diseases. *Eur J Paediatr Dent*, 20(2), 127–132. [https://www.ejpd.eu/wp-content/pdf/EJPD\\_2019\\_20\\_2\\_9.pdf](https://www.ejpd.eu/wp-content/pdf/EJPD_2019_20_2_9.pdf)
- Philipsborn, P. von, Stratil, J. M., Burns, J., Buser, L. K., Pfadenhauer, L. M., Polus, S., Holzapfel, C., Hauner, H., & Rehfuss, E. (2019). Environmental interventions to reduce the consumption of sugar-sweetened beverages and their effects on health. *Cochrane Database of Systematic Reviews*, 2019(6). <https://doi.org/10.1002/14651858.cd012292.pub2>
- Pramudita, A., Dieny, F. F., Wijayanti, H. S., & Probosari, E. (2023). DURASI PAPARAN INSTAGRAM BERHUBUNGAN DENGAN RESPON AFEKTIF DAN KONSUMSI MINUMAN BERPEMANIS PADA MAHASISWA NON KESEHATAN. *GIZI INDONESIA*, 46(2), 181–194. [https://www.persagi.org/ejournal/index.php/Gizi\\_Indon/article/download/835/327](https://www.persagi.org/ejournal/index.php/Gizi_Indon/article/download/835/327)
- Pratiwi, L. I. (2019). Faktor-faktor yang berhubungan dengan konsumsi sugar sweetened beverages (SSBs) di SMA Islam PB Soedirman Jakarta Timur tahun 2019. Skripsi. Universitas Indonesia.
- Putri, S. R. (2023). Hubungan Antara Perilaku Makan Dengan Status Gizi Pada Remaja Putri. *Jurnal Kesehatan Samodra Ilmu*, 14(02). <https://doi.org/10.55426/jksi.v14i02.265>
- Qutteina, Y., Backer, C. D., & Smits, T. (2019). Media food marketing and eating outcomes among pre-adolescents and adolescents: A systematic review and meta-analysis. *Obesity Reviews*, 20(12). <https://doi.org/10.1111/obr.12929>

- Ra, J. S., & Kim, S. H. (2025). Socioecological factors influencing sugar-sweetened beverage consumption among adolescents in South Korea: A cross-sectional study. *Child Health Nursing Research*, 31(1), 28. <https://pmc.ncbi.nlm.nih.gov/articles/PMC11837365/>
- Rakhmawati, N., Wahyani, A. D., & Ratnasari, D. (2025). Hubungan Pengetahuan, Kebiasaan Konsumsi Minuman Berpemanis dan Aktivitas Fisik dengan Status Gizi Siswa SMP Nawakartika. *Era Klinis: Jurnal Penelitian Ilmu Kesehatan*, 3(3), 10–15. <https://jurnal.eraliterasi.com/index.php/eraklinis/article/view/406>
- Ramadhan, G., Nurjanna, U., Rahayu, N. A., Natasya, N., Marshela, M., & Amril, A. (2024). Dinamika Psikososial Dalam Perkembangan Remaja: Studi Kasus Pada Pengaruh Teman Sebaya. *RELIGI: Jurnal Pendidikan Agama Islam*, 2(2). <https://journal.umkendari.ac.id/religi/article/view/1189>
- Razzaque, M. S. (2020). Overconsumption of sugar-sweetened beverages: Why is it difficult to control? *Journal of Population Therapeutics and Clinical Pharmacology= Journal de La Therapeutique Des Populations et de La Pharmacologie Clinique*, 27(2), e51–e57. <https://pubmed.ncbi.nlm.nih.gov/32469485/>
- Renita Afriza, S. K. M., Puteri, H. S., Gz, S. T., & Gz, M. (2025). BUKU AJAR SURVEI KONSUMSI PANGAN. Nuansa Fajar Cemerlang. [https://books.google.com/books?hl=en&lr=&id=cgKJEQAAQBAJ&oi=fnd&pg=PP1&dq=Sirajjudin,+Surmita,+%26+Astuti,+T.+\(2018\).+Survey+Konsumsi+Pangan.+Jakarta:+Kemenkes.&ots=S5t6KmrpmQ&sig=70TCXeemQvEm810\\_AoQpHtrPiDg](https://books.google.com/books?hl=en&lr=&id=cgKJEQAAQBAJ&oi=fnd&pg=PP1&dq=Sirajjudin,+Surmita,+%26+Astuti,+T.+(2018).+Survey+Konsumsi+Pangan.+Jakarta:+Kemenkes.&ots=S5t6KmrpmQ&sig=70TCXeemQvEm810_AoQpHtrPiDg)
- Risikesdas. (2007). Laporan Kementerian Kesehatan RI. <https://layanandata.kemkes.go.id/katalog-data/risikesdas/ketersediaan-data/risikesdas-2007>
- Risikesdas, R. I. (2018). Hasil Riset Kesehatan Dasar (Risikesdas). Jakarta: Badan Penelitian dan Pengembangan Kesehatan, Kementrian RI.
- Ruggles, P. R., Pasch, K. E., Poulos, N. S., & Thomas, J. E. (2024). Comparing the number of outdoor sugar-sweetened beverage and caffeinated beverage advertisements near schools by school type and school-level economic advantage. *Plos One*, 19(5). <https://doi.org/10.1371/journal.pone.0302048>
- Ruxton, C. H. S., Derbyshire, E., & Sievenpiper, J. L. (2021). Pure 100% fruit juices – more than just a source of free sugars? A review of the evidence of their effect on risk of cardiovascular disease, type 2 diabetes and obesity. *Nutrition Bulletin*, 46(4), 415–431. <https://doi.org/10.1111/nbu.12526>
- Saifuddin, A. (2020). Penyusunan skala psikologi. Prenada Media. [https://books.google.com/books?hl=en&lr=&id=H4P1DwAAQBAJ&oi=fnd&pg=PR1&dq=Saifudin,+A.+\(2020\).+Penyusunan+Skala+Psikologi+\(Pertama\).+Jakarta:+Kencana.&ots=swhygr6Eao&sig=N\\_hW30dol-pKzohExjynLsVld2E](https://books.google.com/books?hl=en&lr=&id=H4P1DwAAQBAJ&oi=fnd&pg=PR1&dq=Saifudin,+A.+(2020).+Penyusunan+Skala+Psikologi+(Pertama).+Jakarta:+Kencana.&ots=swhygr6Eao&sig=N_hW30dol-pKzohExjynLsVld2E)
- Salsabilla, N., & Sulistyowati, M. (2021). The Analisis Faktor Perilaku Konsumsi Remaja Terhadap Makanan Cepat Saji (Studi Aplikasi Social Cognitive Theory). *Preventif: Jurnal Kesehatan Masyarakat*, 12(2), 239–239. <https://jurnal.fkm.untad.ac.id/index.php/preventif/article/view/196>

- Santoso. (2020). Efektifitas Hipnoterapi terhadap Efikasi Diri Remaja untuk Melakukan Diet Sehat. <http://download.garuda.kemdikbud.go.id/article.php?article=1664906&val=17145&title=EFEKTIFITAS%20HIPNOTERAPI%20TERHADAP%20EFIKASI%20DIRI%20REMAJA%20UNTUK%20MELAKUKAN%20DIET%20SEHAT>
- Sari, N. W., Djokosujono, K., Utari, D. M., & Rohayati, N. (2022). Availability of Sugar-Sweetened Beverages at Home as The Dominant Factor Related to Its Consumption Among Students of SMAN (State High School) 47 Jakarta, Indonesia, in 2022. *Indonesian Journal of Public Health Nutrition (IJPHN)*, 3(1). <https://core.ac.uk/download/pdf/543005461.pdf>
- Sari, S. L., Utari, D. M., & Sudiarti, T. (2021). Konsumsi minuman berpemanis kemasan pada remaja. *Ilmu Gizi Indonesia*, 5(1), 91–100. <https://ilgi.respati.ac.id/index.php/ilgi2017/article/view/253>
- Setyobudi, A., Sirait, R. W., & Soly, T. C. (2021). Hubungan Faktor Besar Uang Jajan dan Pengetahuan Siswa tentang Gizi dengan Pola Konsumsi Pangan Siswa Sekolah Dasar Gereja Masehi Injil di Timor Espa, Kecamatan Lima, Kota Kupang. *Jurnal Pangan Gizi Dan Kesehatan*, 10(1). <https://doi.org/10.51556/ejpazih.v10i1.134>
- Sholichah, F. (2023). Hubungan Uang Saku dan Pola Konsumsi Makanan Terhadap Status Gizi Siswa SMP Negeri 16 Semarang. *Jurnal Ilmiah Gizi Kesehatan (JIGK)*, 4(02), 32–36. <https://jurnal.umus.ac.id/index.php/JIGK/article/view/1047>
- Sinaga, T. O., & Sari, D. M. (2025). Nutritional Status, Fluid Intake, and Exercise Habits on the Incidence of Dehydration in Adolescents at SMP Negeri 1 Indralaya, Ogan Ilir Regency. *Jurnal Kesmas Dan Gizi (JKG)*, 7(2), 185–194. <https://ejournal.medistra.ac.id/index.php/JKG/article/view/2467>
- Sinaga, Y. L. D. Y., Susilawati, E., Pratama, R. R., Yulianie, R., & Silviana, N. (2023). Peningkatan Literasi Gizi Untuk Mengurangi Konsumsi Sugar Sweetened Beverages pada Siswa SMA. *Karya Kesehatan Siwalima*, 2(1). <https://doi.org/10.54639/kks.v2i1.965>
- Siregar, D. A. N., Maharani, L., Pradibto, L. L. S., & Belgama, M. T. (2025). Analisis Kebenaran antara Kebutuhan dan Keinginan: Rasionalitas dalam Pengambilan Keputusan Konsumsi. [https://www.academia.edu/download/123255445/ANALISIS\\_KEBENARAN\\_ANTARA\\_KEBUTUHAN\\_DAN\\_KEINGINAN.pdf](https://www.academia.edu/download/123255445/ANALISIS_KEBENARAN_ANTARA_KEBUTUHAN_DAN_KEINGINAN.pdf)
- Skinner, C. S., Tiro, J., & Champion, V. L. (2015). Background on the health belief model (Vol. 75). Jossey-Bass. [https://books.google.com/books?hl=en&lr=&id=PhUWCgAAQBAJ&oi=fnd&pg=PA75&dq=health+belief+model+books+&ots=-fsTINHhJH&sig=mwE19rZZY1Y-fwPDeu\\_QnRhxCIQ](https://books.google.com/books?hl=en&lr=&id=PhUWCgAAQBAJ&oi=fnd&pg=PA75&dq=health+belief+model+books+&ots=-fsTINHhJH&sig=mwE19rZZY1Y-fwPDeu_QnRhxCIQ)
- Sugiarty, A. M., Fithriyani, D., & Wahyuningtyas, A. (2022). Analisis Kandungan Siklamat dan Sakarin pada Minuman Es Kopi Susu Gula Aren di 5 Coffee Shop, Kota Bandar Lampung. *Communication in Food Science and Technology*, 1(1), 1–8. <https://www.academia.edu/download/101806560/305.pdf>

- Suk, J., & Park, M. (2022). Sex-Based Differences in Factors Associated With Sugar-Sweetened Beverage Consumption Among Korean High School Students. *Frontiers in Nutrition*, 9. <https://doi.org/10.3389/fnut.2022.907922>
- Summan, A., Stacey, N., Birckmayer, J., Blecher, E., Chaloupka, F. J., & Laxminarayan, R. (2020). The potential global gains in health and revenue from increased taxation of tobacco, alcohol and sugar-sweetened beverages: A modelling analysis. *BMJ Global Health*, 5(3). <https://doi.org/10.1136/bmjgh-2019-002143>
- Tsochantaridou, A., Sergentanis, T. N., Grammatikopoulou, M. G., Merakou, K., Vassilakou, T., & Kornarou, E. (2023). Food Advertisement and Dietary Choices in Adolescents: An Overview of Recent Studies. *Children*, 10(3). <https://doi.org/10.3390/children10030442>
- US Department of Agriculture, U. D. of H. and H. S. (2020). Dietary Guidelines for Americans, 2020-2025 and Online Materials | Dietary Guidelines for Americans. <https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials>
- Veronica, M. T., Ilmi, I. M. B., & Octaria, Y. C. (2022). Kandungan Gula Sangat Tinggi dalam Minuman Teh Susu dengan Topping Boba. *Amerta Nutrition*, 6. <https://e-journal.unair.ac.id/AMNT/article/download/39783/23615>
- Wahyudi, R. A., & Rochmawati, R. (2020). Analisis Faktor-Faktor Yang Memengaruhi Perilaku Konsumtif Siswa Program Keahlian Akuntansi SMKN 1 Surabaya. *Jurnal Pendidikan Akuntansi (JPAK)*, 8(2), 52–62. <https://ejournal.unesa.ac.id/index.php/jpak/article/view/42026>
- Wang, C.-W., Chen, D.-R., Chan, C.-C., Yeh, Y.-P., & Chen, C.-J. (2022). ‘I Knew I Should Stop, but I Couldn’t Control Myself’: A qualitative study to explore the factors influencing adolescents’ consumption of sugar-sweetened beverages and sugary snacks from a socio-ecological perspective. *Public Health Nutrition*, 25(9). <https://doi.org/10.1017/s1368980022001185>
- WHO. (2015). Guideline: Sugars intake for adults and children. <https://www.who.int/publications/i/item/9789241549028>
- WHO. (2020). Healthy diet. <https://www.who.int/news-room/fact-sheets/detail/healthy-diet>
- Xu, L., Rogers, C. R., Halliday, T. M., Wu, Q., & Wilmoth, L. (2020). Correlates of physical activity, psychosocial factors, and home environment exposure among US adolescents: Insights for cancer risk reduction from the FLASHE study. *International Journal of Environmental Research and Public Health*, 17(16), 5753. <https://www.mdpi.com/1660-4601/17/16/5753>
- Yang, Y., Liu, J., & Dai, D. (2024). Associations between sugar-sweetened beverages consumption, duration of physical exercise, and depressive symptoms among Tibetan university students at high altitude. *Frontiers in Psychology*, 15, 1439451. <https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2024.1439451/full>
- Zhang, K., Guhn, M., & Conklin, A. (2022). Association between social jetlag and sugar-sweetened beverages (SSBs) in adolescents in Western Canada.

- European Journal of Public Health, 33(2).  
<https://doi.org/10.1093/eurpub/ckac177>
- Zhuang, X., Liu, Y., Gittelsohn, J., Lewis, E., Song, S., Ma, Y., & Wen, D. (2021). Sugar-sweetened beverages consumption and associated factors among northeastern Chinese children. *Nutrients*, 13(7), 2233. <https://www.mdpi.com/2072-6643/13/7/2233>
- Zogara, A. U., Loaloka, M. S., & Pantaleon, M. G. (2022). Sosio Ekonomi Orang Tua, Uang Saku, Dan Media Sosial Berhubungan Dengan Perilaku Konsumsi Fast Food Pada Remaja Putri Di Kota Kupang. *Journal of Nutrition College*, 11(4). <https://doi.org/10.14710/jnc.v11i4.35589>



UIN SUNAN AMPEL  
S U R A B A Y A