



ABSTRACT

ESA UNGGUL UNIVERSITY
THE FACULTY OF HEALTH SCIENCES
NUTRITIONAL SCIENCE COURSES
THESES, AUGUST 2016

NOVI HANDAYANI

Individual and Family Factors Towards The Frequency of Soft Drink Consumption For Adolescents From Private and Public Junior High School In Jakarta 2016

VI Chapter, 119 Pages, 2 Figures, 15 Tables, 9 Appendix

Background: The frequency level of drinking for soft drinks consumption is still relatively high, therefore the adolescents starting by their ages 13-18 years found least teenagers consume 2-4 bottles / cans of soda in a span of one week. **Objective:** We determined individual and family factors that affect the frequency of drinking for soft drink for adolescents at Public and Private Junior High School in Jakarta. **Methods:** The Quantitative research, with cross-sectional study design, and the total sample is 218 students from SMP Negeri 181 Jakarta is 150 students and SMP Katolik Abdi Siswa is 68 students. They were selected through proportioned random sampling method. The Instruments for this research are making questionnaire and SQ-FFQ form. The data was identified and analyzed by using *Spearman* correlation test and T-test Independent non parametric. **Result:** The frequency consumption of soft drinks to the students of SMP Negeri 181 Jakarta and SMP Katolik Abdi Siswa as much as 3-4 times a week with a percentage of 26,7% and this time about a week with a percentage of 29,4%, while the parents of the respondents consume as much as 3-4x a week with a percentage of 23,3% and one a week with a percentage of 41,2%. There is no relationship gender based on a soft drink consumption frequency ($P = 0,430$). There is no difference in knowledge based on drinking soft drink consumption frequency ($P = 0,735$). There are a difference between pocket money and the frequency of consumption of soft drinks parents based on the frequency of soft drink consumption ($P = 0,000$). There are a relationship between the influences of media resources and the behavior of parents with soft drink consumption frequency with soft drink consumption frequency ($P = 0,000$). **Conclusion:** The Requirement of counseling for students and parents at the school about the impact of drinking a lot of soft drink for our body, especially the consumption of soft drinks in order to raise awareness in choosing healthier with more nutrition in beverages.

Key words: *Soft drinks, adolescents, individual factors, family factors*

Reading List: 71 (1956-2015)