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INDRI ASTUTI HAPSARI, Dr. Dwi Larasatie Nur Fibri, S.T.P., M. Sc; Andika Wicaksono, S.T.P., M. Sc

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Indri Astuti Hapsari

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ABSTRACT

Sugar consumption tends to increase in line with the population, especially in developing countries. The problems that arise as a result of the consequences of sugar litus are diabetes mellitus and obesity. diabetes mellitus is common in the community at the age level of 24-64 years. Those aged 24-64 are included in the productive age category. In the Special Region of Yogyakarta, there are 16.9 percent of the population in Yogyakarta Province with excess sugar intake, which is much higher than the national prevalence of 4.8 percent. With this, DIY is deemed suitable for this research. This study aims to examine what factors most influence sugar intake in people of productive age in Yogyakarta Province, Indonesia. From research, it is known that people who realize that they have a history of diabetes have not had any efforts to reduce sugar, and the efforts to reduce sugar made by respondents tend to be due to their body mass index. The factors that influence the consequence, sugar based on this research, namely the taste and appearance of sweet foods or drinks that affect consumption.

Key words: sugar consumption, productive age, sugar intake factors