

CHAPTER VII CONCLUSION

A. Conclusion

Based on the results of research and data analysis regarding the relationship between the consumption habits of artificially sweetened drinks and junk food to the risk of hyperglycemia in adolescents at SMA Negeri 1 Bengkulu City, it can be concluded as follows:

1. The characteristics of the respondents showed that most of the respondents were in the age group of 12–16 years (59.8%), female (60.8%), and almost all respondents had normal nutritional status (BMI) as much as (78.9%), while did not have a smoking habit (91.2%).
2. Most of the respondents have a habit of consuming artificially sweetened beverages in the high category based on the results of measurements using *the Beverage Intake Questionnaire* (BEVQ), which is as many as 105 respondents (58.7%).
3. Almost all respondents had a habit of consuming junk food in the rare category based on the results of measurements using *the Food Frequency Questionnaire* (FFQ), which was as many as 77 respondents (83.7%).
4. There was no significant relationship between the consumption of artificially sweetened beverages (BEVQ) and the risk of hyperglycemia in adolescents at SMA Negeri 1 Bengkulu City ($p\text{-value} = 0.688$).
5. There was a significant relationship between *junk food* consumption (FFQ) habits and the risk of hyperglycemia in adolescents at SMA Negeri 1 Bengkulu City ($p\text{-value} = 0.000$). Adolescents who have a habit of consuming junk food categories often have a risk of hyperglycemia of 4.942 times greater than adolescents who have a habit of consuming *junk food* in the infrequent category.

B. Suggestions

1. For Educational Institutions

The school is expected to improve health education programs, especially regarding healthy diets, the dangers of *excessive junk food* consumption , and the importance of choosing balanced nutritious foods and drinks. Education can be carried out through UKS activities, health counseling, and health promotion programs in the school environment.

2. For Health Workers

Health workers, especially nurses and health promotion workers, are advised to increase educational activities for adolescents about the importance of maintaining a healthy diet, limiting *junk food* consumption, and conducting regular health monitoring as an effort to prevent hyperglycemia and other metabolic diseases from adolescence.

3. For Parents

Parents are expected to play an active role in supervising children's food consumption patterns, especially in limiting *junk food consumption* and encouraging the implementation of a healthy diet at home. Family support is very important in forming healthy living habits in adolescents.

4. For the Next Researcher

Researchers are further advised to develop this study using a more robust research design, such as cohort or longitudinal, as well as adding other variables that have the potential to affect the risk of hyperglycemia, such as physical activity, sleep patterns, family history of diabetes, stress levels, and daily energy intake so as to obtain a more comprehensive picture of the factors that influence the incidence of hyperglycemia in adolescents.