RELATIONSHIP BETWEEN SUGAR CONSUMPTION PATTERNS AND PARENTAL SOCIODEMOGRAPHIC FACTORS AND BLOOD SUGAR LEVELS OF ADOLESCENT FEMALES AT SMP ANNUR 2 BULULAWANG

Safanisa Aprilia Ayu Fernanda, Dr. Nurul Pujiastuti, Budiono, Nurul Hidayah.

Program Studi Sarjana Terapan Keperawatan Poltekkes Kemenkes Malang, Jl. Besar Ijen No 77C Malang

Email : nisasyafa040@gmail.com

ABSTRACT

Background : Elevated blood sugar levels in adolescent girls can be influenced by sugar consumption patterns and parental sociodemographic conditions. A high-sugar diet can lead to impaired glucose regulation, while family factors also influence adolescent eating habits. **Research Purposes** : This study aimed to determine the relationship between sugar consumption patterns and parental sociodemographic factors and blood sugar levels in adolescent girls at SMP Annur 2 Bululawang. **Research Methods** : The study used a descriptive correlational design with a cross-sectional approach. The study population was all 100 nine-grade female adolescents, using a total sampling technique. The instruments used were a sugar consumption pattern questionnaire, a parental sociodemographic questionnaire, and random blood glucose tests. Data were analyzed using the Spearman Rank test. **Research Result** : The results showed a relationship between sugar consumption patterns and blood sugar levels in adolescent girls ($p < 0.05$) and a relationship between parental sociodemographic factors and blood sugar levels in adolescent girls ($p < 0.05$). The higher the frequency and amount of sugar consumption, the greater the risk of increased blood glucose levels among adolescent girls. Unsupportive parental sociodemographic conditions further exacerbate the poor regulation of children's dietary patterns. **As a Conclusion** : Unhealthy sugar consumption patterns and unsupportive family conditions can increase the risk of metabolic disorders in adolescent girls. It is recommended that adolescent girls limit their sugar consumption and that parents increase supervision of their children's diets.

Keywords: sugar consumption patterns, parental sociodemographics, blood sugar levels, adolescent girls.