

EDUCATION ON THE IMPACT OF SUGAR-SWEETENED BEVERAGES AND THE IMPORTANCE OF DRINKING WATER FOR WORKERS

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EDUCATION ON THE IMPACT OF SUGAR-SWEETENED BEVERAGES AND THE IMPORTANCE OF DRINKING WATER FOR WORKERS

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ABSTRACT

Educational activities on the impact of sugar-sweetened beverages and the importance of drinking water for Poltekkes Kerta Cendekia Sidoarjo workers are a form of community service in the form of delivering materials and understanding that are expected to improve and change workers' mindsets so that they can lead to behavioral changes in order to maintain workers' health. This activity was carried out on January 13, 2025 at Poltekkes Kerta Cendekia Sidoarjo. Before carrying out the counseling activity, there was a preparation process for approximately four weeks before the implementation of the activity, starting from determining the type of activity to submitting permits to the relevant parties. As a form of evaluation, this activity was attended by all Poltekkes Kerta Cendekia Sidoarjo workers. The participants participated in the activity with great enthusiasm and the activity ran smoothly.

Keywords: *Sugar-Sweetened Beverages, Productivity, Healthy, Drinking Water*

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INTRODUCTION

The fast-paced and stressful lifestyle of today's workers often results in unhealthy consumption patterns, including

high consumption of sugar-sweetened beverages (SSB). In general, workers choose sweet drinks to overcome fatigue, eliminate drowsiness or simply follow

social customs in the work environment. Sweet drinks such as sweet tea, coffee with excess sugar, energy drinks or other packaged drinks contain high sugar and can cause several health problems such as drowsiness, laziness, fatigue, obesity, diabetes mellitus, heart problems and decreased cognitive function (Malik et al., 2019; Hu, 2013).

Based on data from the Ministry of Health in 2024, 95% of workers in Indonesia experience a lack of drinking water and consume sweet drinks more often so that Indonesian citizens are ranked 3rd in Southeast Asia regarding the consumption of sweet drinks (Ministry of Health, 2024b). In addition, the 2018 Riskesdas data recorded that 62.1% of the Indonesian population consumes sweet drinks more than once a day. This consumption is higher in the productive age group and is dominated by workers. Schulze. et al (2010), stated that respondents who changed their behavior of consuming sweet drinks from 1x a week to 1x a day, were at higher risk of being affected by diabetes mellitus and cardiovascular disease due to excessive consumption of sweet drinks. In the long term, this habit can have serious impacts on workers such as reducing the health status of workers and having an impact on decreased productivity, increased absenteeism, and higher medical costs (Briggs et al., 2020). On the other hand, drinking water, which is actually very important in maintaining body fluid balance, is often ignored, either due to a lack of awareness of the importance of healthy hydration or due to availability and habits in the work environment. In fact, drinking water is very important for maintaining concentration, work performance, body temperature, and

metabolism (Popkin et al., 2016). In addition, drinking water can also help the process of removing all toxins in the body, including excess sugar so that the body can avoid health problems due to excess sugar (James, 2010). Meanwhile, lack of drinking water can cause mild dehydration which can interfere with a person's cognitive abilities and focus while working (Ganio et al., 2011; Masento et al., 2014).

The unhealthy habit of drinking fluids in these workers cannot be separated from the lack of understanding, limited health education in the work environment, and less supportive social and environmental influences. Therefore, through community service activities, educational interventions about the impact of sweet drinks and the importance of drinking water are very much needed. This activity aims to increase knowledge, awareness and understanding as well as changes in worker behavior regarding the dangers of consuming sweet drinks and the importance of drinking water through a promotive and preventive approach based on education.

OBJECTIVES

General Purpose

After providing counseling, it is hoped that the Kerta Cendekia Polytechnic of Health workers will be able to understand and change their behavior in consuming sweet drinks and water.

Special Purpose

The specific objectives after this activity are that workers are expected to be able to:

1. Participants can understand the impact of excessive consumption of sweet drinks on workers

2. Participants can understand solutions to reduce sweet drinks on workers
3. Participants can understand the importance of drinking water on workers
4. Participants can understand the impact and diseases of lack of water on workers

PLAN OF ACTION

Strategy Plan

The strategic plan for implementing this counseling includes:

1. Coordinate with policy makers at Poltekkes Kerta Cendekia
2. Determine the implementation time contract with targets in Poltekkes Kerta Cendekia
3. Carry out outreach activities at Poltekkes Kerta Cendekia

Implementation

Counseling is carried out after the permit to carry out community service issued by Research and Society Kerta Scholar Health Service Institute Sidoarjo Polytechnic with the number: 010/SPPD/D/1/2025.

Actions performed in implementation these activities include:

1. Contacting the principal at Poltekkes Kerta Cendekia to reduce the consumption of sweet drinks among workers
2. Requesting permission to carry out counseling Prepare a place and equipment for socialization
3. Implementing counseling activities to reduce the consumption of sweet drinks among workers

Setting

This counseling activity was carried out at Poltekkes Kerta Cendekia, Sidoarjo on Januari 13, 2025.

Target

The targets for this education on the dangerous impacts of sweet drinks and the importance of drinking water for workers are all of the workers of Poltekkes Kerta Cendekia.

RESULTS AND DISCUSSION

The counseling activity started at 13.00-15.30. The counseling was carried out in the classroom of the Poltekkes Kerta Cendekia Nursing Department. The counseling was attended by 30 workers. The equipment used for the counseling activities included posters, leaflets, LCDs, projectors and teaching aids.

The delivery of the material was carried out using LCDs and projectors which were able to make a presentation livelier, this was because the display of images or writing became more dynamic, active and creative. According to Arsayli (2022) using an LCD projector as a reinforcement of the participant's concept because using interesting images can provide enthusiasm in the learning process, so that participants do not feel bored and a pleasant learning process occurs.

The material provided included an introduction to the types of sweet drinks, the impact of consuming sweet drinks, the benefits of drinking water and the impact of lack of drinking water on workers which can interfere with the quality or productivity of workers.

The participants looked very enthusiastic when attending the education session via LCD and leaflets. This was

also shown by the many participants who were interested and asked several questions related to the theme of the activity. So, it can be said that this counseling was quite effective and successful. Policy makers at Poltekkes Kerta Cendekia Sidoarjo are willing to work together in implementing this health counseling.

CONCLUSION

Education about the impact of sweet drinks and the importance of drinking water on workers was considered quite successful because participants were able to understand the contents of the material and wanted changes in their daily consumption, especially reducing the consumption of sweet drinks and increasing the consumption of water.

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