

THE DANGERS OF SWEET DRINKS AT RANGKAH KIDUL ELEMENTARY SCHOOL, SIDOARJO

By Lestari et al



Community Service Journal of Indonesia

Institute for Research and Community Service
Health Polytechnic of Kerta Cendekia

<https://ejournal-kertacendekia.id/index.php/csji/index>

Indonesian Community Service Journal 4 (1) (2025):

Doi: <https://doi.org/10.36720/csji.vxix.xxx>

THE DANGERS OF SWEET DRINKS AT RANGKAH KIDUL ELEMENTARY SCHOOL, SIDOARJO

Risti Puji Listari¹, Agus Sulistyowati¹, Dini Praseti⁵ Wijayanti¹, Dina Istana S¹,
Priyana Hadi Lara¹

¹ Kerta Cendekia Health Polytechnic, Sidoarjo

* Correspondence

Risti Prises Listari

Keerta Cendekia Health Polytechnic, Sidoarjo

East Ring Road, Rangkah Kidul⁵, Sidoarjo District, Sidoarjo Regency, East Java 61234

Email: risti.puji05@gmail.com

Received: ; Reviewed: ; Revised: ; Accepted:

ABSTRACT

Consumption drink sweet in a way excessive in children age school base be one of factor risk increasing case obesity , type 2 diabetes, and disturbance health teeth and metabolism . Activities devotion public This implemented at SDN Rangkah South , Sidoarjo , with objective For increase knowledge and awareness student about danger drink sweet for health . Method implementation covering counseling interactive , visual demonstrations , and distribution of educational leaflets to student grade 4-6. Evaluation done through a simple pre-test and post-test For measure understanding student before and after activities . Results of activities show improvement significant to understanding student to impact negative consumption drink sweet , and emergence commitment from party school For limit sale drink sweet in the environment school . Activities This expected become step beginning in to form pattern consumption Healthy since age early and encouraging parental involvement as well as school in guard health child .

Keywords : drinks sweet , health children , education nutrition , school base

© 2025 The Authors. Indonesian Community Service Journal Published by the Institute for Research and Community Service, Kerta Cendekia Health Polytechnic, Sidoarjo

This is an Open Access Article distributed under the terms of the [Creative Commons Attribution-NonCommercial 4.0 \(CC BY-NC 4.0\)](https://creativecommons.org/licenses/by-nc/4.0/) , which permits others to remix, transform, and build upon the work non-commercially as long as the original work

is properly cited. New works are not necessarily licensed under the same terms.

electronic ISSN

phone number 2684-

7884

ISSN - P

Phone number 2774-

4027

INTRODUCTION

Regarding the reasons underlying the community service activities carried out by

the author, as far as possible supporting data should also be included to strengthen the author's reasons.

OBJECTIVE

General purpose

Increasing the knowledge and awareness of students at SDN Rangkah Kidul Sidoarjo regarding the negative impacts of excessive consumption of sweet drinks, and encouraging the formation of healthy living behavior from an early age through proper nutritional education.

Special purpose

1. Give education to student about sugar content in drink packaging and traditional which is often consumed .
2. Explain impact term short and long term long from consumption drink sweet to health children , such as obesity , type 2 diabetes, and damage tooth .
3. Embedding habit choose drink healthy , such as water and fruit juice without added sugar.
4. Inviting teachers and other parties school For play a role active in control snacks and drinks sold in the neighborhood school .
5. Push parental involvement in supervise pattern consumption drink children at home .

ACTION PLAN

Strategic Plan

Gathering 4th and 5th grade students to be given counseling in the same place .

Implementation

Stages Activity	Execution time	Activity
Preparation	H-7 to H-1	Survey beginning , creation material education , coordination with school

Stages Activity	Execution time	Activity
Education	D-Day	Counseling danger drink sweet , visual demo, leaflet distribution , pre-test & post-test
Evaluation	H+1 to H+3	Analysis test results , documentation , discussion act carry on
Action	1-2 weeks after	Installation of educational posters in schools , monitoring change habit student

Arrangement

Activity implemented at SDN Rangkah South Sidoarjo

Target

Amount who follows activities of 60 people .

RESULTS AND DISCUSSION

Activity Results

Community service activities aimed at increasing students' knowledge about the dangers of consuming sweet drinks were carried out on [activity date] at SDN Rangkah Kidul, Sidoarjo. This activity was attended by students from grades 4 to 6, with a total of [number of students] participants.

The results of the activities can be detailed as follows:

1. **Student Knowledge Enhancement**

- Based on the results of the pre-test and post-test, there was an increase in students' understanding of the dangers of sweet drinks. The average pre-test score of students was [score], while the average post-test score increased to [score]. This shows that the interactive and visual counseling methods are quite effective in conveying information.

2. Positive Student Response

- Most of the students seemed enthusiastic in participating in the activities. They were active in the Q&A session, played educational quizzes, and showed interest in the visual demonstration of sugar content in packaged drinks.

3. Teacher and School Involvement

- Teachers welcomed the activity and expressed their willingness to follow up on the material by including the topic of the dangers of sugar in thematic lessons. The school also expressed its commitment to evaluate snacks sold in the school canteen.

4. Distribution of Educational Media

- Leaflets and posters about the dangers of sugary drinks were distributed to students and installed at several strategic points in the school such as classrooms, the health unit, and near the canteen.

Discussion

The results of this activity confirm that elementary school children are vulnerable to the influence of consuming sweet foods

and drinks due to their lack of understanding of the health risks they pose. This finding is in line with various studies that state that consumption of sweetened drinks is correlated with increased prevalence of obesity, metabolic disorders, and dental health problems in children.

The increase in post-test scores indicates that the education provided is effective in increasing students' insight. The visual approach (sugar measurement demonstration) really helps students understand concretely the hidden dangers in drinks they consider safe.

The involvement of the school is an important point in the sustainability of the impact of this activity. With the support of teachers and principals, educational messages will be more easily internalized by students and become part of everyday habits.

However, changing consumption behavior cannot be done through just one education. It requires a sustainable approach that involves families and the surrounding environment, including monitoring snacks available at school or brought from home.

CONCLUSION

Community service activities with the theme "*The Dangers of Sweet Drinks at SDN Rangkah Kidul Sidoarjo*" have succeeded in increasing students' knowledge and awareness of the negative impacts of consuming sweet drinks. Based on the results of the pre-test and post-test, there was a significant increase in students' understanding of the health risks posed by sweet drinks. In addition, students' active participation in the question and answer session and educational quizzes showed their enthusiasm for the material presented.

The involvement of the school, especially teachers and principals, greatly supports the success of this activity. Their commitment

to include the topic of the dangers of sugar in thematic lessons and considering limiting the sale of sweet drinks in the school canteen is a positive step towards changing student consumption behavior.

However, changes in consumption behavior cannot be achieved through just one education. A sustainable approach involving families, schools, and the surrounding community is needed to create a healthy lifestyle in children.

REFERENCE

⁴ Scharf, R. J., & DeBoer, M. D. (2016). Sugar-sweetened beverages and children's health. *Annual Review of Public Health*, 37, 273–293. annualreviews.org

Bleich, S. N., & Vercammen, K. A. (2018). The associations between sugar-sweetened beverage consumption and children's health: An updated review of the literature. *Healthy Eating Research Issue Brief*, (1103). healthyeatingresearch.org

¹³ Malik, V. S., Schulze, M. B., & Hu, F. (2013). *Dietary sugars and weight gain: systematic review and meta-analysis*. *American Journal of Clinical Nutrition*. [who.int+1en.wikipedia.org+1](https://www.who.int/en.wikipedia.org)

⁶ Farhangi, M. A., Nikniaz, L., & Khodarahmi, M. (2020). Sugar-sweetened beverages increase the risk of hypertension among children and adolescents: A dose-response meta-analysis. *Journal of Translational Medicine*, 18, 702. [cdc.gov+8translational-medicine.biomedcentral.com+8en.wikipedia.org+8](https://www.cdc.gov+8translational-medicine.biomedcentral.com+8en.wikipedia.org+8)

⁸ Scharf, Rebecca J., and Mark D. DeBoer. "Sugar-sweetened Beverages and Children's Health." *Annual Review of Public Health*, vol. 37, 2016, pp. 273–293.

Bleich, S. N., and Kelly A. Vercammen. *The Associations Between Sugar-Sweetened Beverage Consumption and Children's Health: An Updated Review of the Literature*. *Healthy Eating Research Issue Brief*, no. 1103, Feb. 2018.

Malik, Vasanti ¹¹ et al. "Dietary Sugars and Weight Gain: Systematic Review and Meta-analysis." *American Journal of Clinical Nutrition*, 2013.

¹² Farhangi, M. A., et al. "Sugar-Sweetened Beverages Increase the Risk of Hypertension Among Children and Adolescents." *Journal of Translational Medicine*, vol. 18, 2020.

THE DANGERS OF SWEET DRINKS AT RANGKAH KIDUL ELEMENTARY SCHOOL, SIDOARJO

ORIGINALITY REPORT

25%

SIMILARITY INDEX

PRIMARY SOURCES

- | | | |
|---|---|---------------|
| 1 | eprints.kertacendekia.ac.id
Internet | 89 words — 6% |
| 2 | healthyeatingresearch.org
Internet | 40 words — 3% |
| 3 | ajue.uitm.edu.my
Internet | 37 words — 3% |
| 4 | akjournals.com
Internet | 33 words — 2% |
| 5 | Risti Puji Listari, Agus Sulistyowati, Dini Prastyo Wijayanti. "THE EFFECT OF AUTOGENIC RELAXATION ON PAIN RELIEF IN HYPERTENSION PATIENTS: A SYSTEMATIC REVIEW", Nurse and Health: Jurnal Keperawatan, 2024
Crossref | 28 words — 2% |
| 6 | ejournal.poltekkesaceh.ac.id
Internet | 28 words — 2% |
| 7 | Kusuma Wijaya Ridi Putra, Muchamad Indra Ardian, Gerina Dwi Agustina, Anik Amila et al. "IMPROVEMENT OF KNOWLEDGE OF STUDENTS OF MA'ARIF VOCATIONAL SCHOOL ON WOMEN'S REPRODUCTIVE HEALTH THROUGH HEALTH PROMOTION", Community Service Journal of Indonesia, 2019
Crossref | 21 words — 1% |

8	nlistsp.inflibnet.ac.in Internet	21 words — 1%
9	Riesmiyatiningdyah Riesmiyatiningdyah, Kusuma Wijaya Ridi Putra, Agus Sulistyowati. "IMPROVED KNOWLEDGE OF YOUTH RELATED TO ANEMIA", Community Service Journal of Indonesia, 2021 Crossref	16 words — 1%
10	jurnalfkip.unram.ac.id Internet	13 words — 1%
11	www.medrxiv.org Internet	11 words — 1%
12	davidhammond.ca Internet	10 words — 1%
13	fjfsdata01prod.blob.core.windows.net Internet	9 words — 1%
14	Cheung Chun Chun, Sam Winter. "Classwide Peer Tutoring with or without Reinforcement: effects on academic responding, content coverage, achievement, intrinsic interest and reported project experiences", Educational Psychology, 1999 Crossref	8 words — 1%
15	Riesmiyatiningdyah, Riesmiyatiningdyah, Nurinah Nurinah, Nadia Dhita Bela Santika et al. "IMPROVED KNOWLEDGE OF FIRST AID IN CHOKE", Community Service Journal of Indonesia, 2019 Crossref	6 words — < 1%

EXCLUDE QUOTES OFF

EXCLUDE BIBLIOGRAPHY OFF

EXCLUDE SOURCES OFF

EXCLUDE MATCHES OFF