

**ANALISIS TINGKAT AKTIVITAS FISIK, ASUPAN GULA TAMBAHAN,
DAN *LICENSING BELIEF* MAHASISWA FAKULTAS OLAHRAGA DAN
KESEHATAN UNIVERSITAS PENDIDIKAN GANESHA**

Oleh

Alifudien Putra Setia, NIM 2116011016

Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi

ABSTRAK

Bertujuan untuk menganalisis hubungan antara tingkat aktivitas fisik, asupan gula tambahan, dan *licensing belief* pada mahasiswa Fakultas Olahraga dan Kesehatan (FOK) Universitas Pendidikan Ganesha. Metode penelitian menggunakan pendekatan kuantitatif dengan desain *cross-sectional*, melibatkan mahasiswa aktif yang dipilih melalui teknik *purposive* sampling. Instrumen penelitian meliputi *International Physical Activity Questionnaire (IPAQ-SF)*, *Food Frequency Questionnaire (FFQ)* untuk mengukur asupan gula tambahan, serta *Licensing belief Questionnaire* yang telah dimodifikasi dan diuji validitas serta reliabilitasnya. Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki tingkat aktivitas fisik tinggi, namun konsumsi gula tambahan tetap tergolong tinggi. Analisis regresi dan mediasi menggunakan *PROCESS* Model 4 menunjukkan bahwa *licensing belief* berperan signifikan dalam memediasi hubungan antara aktivitas fisik dan konsumsi gula tambahan. Temuan ini menandakan bahwa sebagian mahasiswa memandang aktivitas fisik sebagai bentuk pembenaran psikologis untuk mengonsumsi makanan atau minuman manis. Hasil penelitian ini memberikan implikasi bagi pengembangan program promosi kesehatan dan edukasi gizi di lingkungan kampus, khususnya untuk meningkatkan kesadaran terhadap perilaku kompensatori setelah berolahraga.

Kata-kata kunci: aktivitas fisik, asupan gula tambahan, *licensing belief*, perilaku kompensatori, mahasiswa olahraga

**ANALYSIS OF PHYSICAL ACTIVITY LEVEL, ADDED SUGAR INTAKE,
AND LICENSING BELIEF OF STUDENTS OF THE FACULTY OF
SPORTS AND HEALTH, GANESHA UNIVERSITY OF EDUCATION**

By

Alifudien Putra Setia, NIM 2116011016

Health and Recreation Physical Education Study Program

ABSTRACT

This study aims to analyze the relationship between physical activity levels, added sugar intake, and licensing belief among students of the Faculty of Sports and Health (FOK), Universitas Pendidikan Ganesha. A quantitative approach with a cross-sectional design was employed, involving active students selected through a purposive sampling technique. The instruments used included the International Physical Activity Questionnaire (IPAQ-SF), Food Frequency Questionnaire (FFQ) for measuring added sugar intake, and a modified Licensing belief Questionnaire with tested validity and reliability. The results revealed that most respondents had high levels of physical activity, yet their added sugar consumption remained high. Regression and mediation analyses using PROCESS Model 4 demonstrated that licensing belief significantly mediated the relationship between physical activity and added sugar intake. These findings suggest that some students perceive physical activity as a psychological justification for consuming sweet foods or beverages. This study highlights the importance of integrating nutrition education and health promotion programs within the university context to raise awareness of compensatory behaviors following exercise.

Keywords: *physical activity, added sugar intake, licensing belief, compensatory behavior, sports students*