

Hubungan Pengetahuan Gizi, Pola Makan dan Aktivitas Fisik terhadap Status Gizi Remaja MTS Bustanul Ulum Jember (*Relationship Between Nutritional Knowledge, Eating Patterns, and Physical Activity On Nutritional Status Of Adolescent Students at MTS Bustanul Ulum Jember*)

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ABSTRAK

Adolescence is a period of transition experienced by humans from children to adults. At this age, many experience hormonal, cognitive, mental and emotional changes. Adolescents are vulnerable to nutritional problems. Nutritional problems that often occur are undernutrition, overnutrition and wrong eating patterns. The purpose of this study was to determine the relationship between nutritional knowledge, diet, and physical activity on the nutritional status of adolescents at MTS Bustanul Ulum Jember. This research method uses cross sectional method. The number of samples in this study were 79 students using purposive sampling technique. Data collection in this study was by using a 24-hour food recall form 2 times not sequentially, a nutritional knowledge questionnaire and physical activity, while the measurement of nutritional status used a digital stamping scale to measure weight and a microtoice to measure height. Statistical analysis using SPSS with correlation test Kendall's Tau. The results showed nutritional knowledge (0.609) which means there is no relationship between nutritional knowledge and nutritional status, eating patterns (0.004) which means there is a relationship between diet and nutritional status, and physical activity (0.786) which means there is no relationship between physical activity on nutritional status.

Keyword= Diet, Nutrition Knowledge , Nutritional Status, Physical Activity