

***Differences in Diet and Physical Activity Before and During the
Covid-19 Pandemic in Students in Jember Regency***

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ABSTRACT

Covid-19 transmission that occurs massively among the community makes distance and social restrictions must be strictly carried out. Indonesia itself implements several policies such as quarantine or self-isolation and conducts health protocols. The government also issued a policy of learning activities from distance. This system is also applied at the college level. It affects the lifestyle of students from diet and physical activity. The study aimed to analyze differences in diet and physical activity before and during the Covid-19 pandemic in students in Jember Regency. Quantitative research design uses analytical observational methods with cross sectional research designs. The sample size was 398 students. The sampling technique used is non probability sampling using purposive sampling. Data analysis using the wilcoxon test. The results of the study showed that there were differences in physical activity in students before and during the Covid-19 pandemic, except in the dietary variables there are some that do not make a difference. The conclusion of this study is that there are differences in physical activity as well as differences in diet, except for the consumption of carbohydrates, protein, rice portions and portions of vegetables and fruit there is no difference before and during the Covid-19 pandemic.

Key Word : *Pandemic Covid-19, Diet, Physical Activity,
College Student*