

Relationship Body Image and Physical Activity with Nutrition Status of Student Politeknik Negeri Jember in Era of the Covid-19 Pandemic

Gusti Ayu Kade Putri Maha Dewi
Study Program of Clinical Nutrition
Majoring of Health

ABSTRACT

Adolescence is a developmental phase in the human life cycle. Nutritional problems that usually occur during adolescence include malnutrition, overweight and obesity. Lifestyle like body image and physical activity will affect the amount of intake of food consumption and nutrients. The restrictions on outdoor activities implemented during the Covid-19 pandemic have caused changes in people's lifestyles in the form of decreased participation in physical activity. This study aims to determine the relationship body image and physical activity with the nutritional status of Jember State Polytechnic students in the era of the Covid-19 pandemic. The research was conducted from 3 March to 10 April 2023 at the Jember State Polytechnic. This study used an analytic observational method with a study design cross sectional. The instruments used in this study were questionnaires, microtoice and digital scale involving as many as 335 female students as respondents.

Based on bivariate analysis using statistical tests Somers'd, on the relationship testbody image with the nutritional status of Jember State Polytechnic students obtained scores $p=0.011$ and $r= 0.110$ which indicates a relationship between body image with nutritional status. While there is no relationship between physical activity andbody image Jember State Polytechnic students are marked with grades $p=0.514$ and $r= -0,030$.

The conclusion from the bivariate test of this study is the more negative the perception body image female students have more nutritional status and vice versa. While there is no relationship between physical activity and nutritional status. This is because a person's nutritional status is not only influenced by physical activity, but there are also other factors that are directly related to nutritional status, such as diet and infectious diseases.

Keywords: Physical Activity, Body Image, Nutrition Status