

***Relationship between Sleep Quality and Energy Intake with Status
Overnutrition in Students
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ABSTRACT

Overnutrition is an imbalance between energy intake and energy used and causes fat accumulation in the body, characterized by BMI > 23 kg/m². Several factors can affect a person's nutritional status: sleep quality and energy intake. This research aims to know the relationship between sleep quality and energy intake with Overnutrition status in students majoring in health at the Jember State Polytechnic. This type of research is analytic observational with a cross-sectional design. The instruments used in this study were the Pittsburgh Sleep Quality Index (PSQI) questionnaire and 1x24-hour food recall interviews taken 2x on weekdays and weekends with a total of 62 research subjects coming from sixth-semester students majoring in health at the Jember State Polytechnic who had overweight and obesity nutritional status. Statistical analysis using SPSS 22.0 with Fisher's exact test and Chi-Square test showed a relationship between subject quality ($p=0.017$) and energy intake ($p=0.001$) with overnutrition status.

keywords : Energy Intake, Sleep Quality, and Overnutrition