

The Relationship Between Physical Activity, Dietary Patterns, and Stress Levels Related to Overweight Incidence Among Adolescents in Junior High School 3 Jember

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ABSTRACT

Nutritional problems are common in Indonesia, such as overweight and obesity. Based on a preliminary study conducted at Junior High School 3 Jember involving 31 students aged 13-15 years, it was found that 11 students (33%) experienced being overweight, consisting of 7 students classified as overweight and 4 students classified as obese. The aim of this research is to identify and analyse the relationship between physical activity, dietary patterns, and stress levels among adolescents at Junior High School 3 Jember. This study employed an analytical correlational design with a cross-sectional approach. The total number of subjects in this study was 91, with a dropout proportion of 10%. Non-probability purposive sampling was used as the sampling technique. The research instruments included z-scores, the Physical Activity Questionnaire for Adolescents (PAQ-A) to assess the subjects' physical activity levels, a dietary pattern questionnaire, and the DASS 42 questionnaire to measure the subjects' stress levels. The data analysis utilised the rank Spearman correlation test. The results of the rank Spearman correlation analysis showed that there was no significant relationship between physical activity and overweight incidence, with a p-value of 4.404 ($p > 0.05$). There was no significant association between dietary patterns and overweight incidence, with a p-value of 0.455 ($p > 0.05$). Furthermore, there was no significant relationship between stress levels and overweight incidence, with a p-value of 0.385 ($p > 0.05$). In conclusion, this study revealed no significant relationship between physical activity, dietary patterns, and stress levels with overweight incidence among adolescents at Junior High School 3 Jember.

Keywords: Physical Activity, Overweight, Dietary Patterns, Stress Levels.