

Hubungan Stres dengan Asupan Gizi dan Indeks Massa Tubuh (IMT) pada Narapidana di Lapas Kelas IIA Jember (*The Relationship between Stress Levels, Nutritional Intake and Body Mass Index (BMI) in Prisoners Class IIA Prison Jember*).

Ravi Maryunani Ismaya

Clinical Nutrition Program Study

Departement of Health

ABSTRACT

This study aims to analyze the relationship between stress levels, nutritional intake, and Body Mass Index (BMI) among inmates at Class IIA Jember Prison. Using a cross-sectional research design, the study involved 100 subjects selected through purposive sampling. Pearson correlation test data analysis results showed no significant relationship between stress levels and protein and fat intake among inmates at Class IIA Jember Prison ($p=0.737$; 0.996) with a significance level of 0.05 . In contrast, there was a significant relationship between stress levels and energy intake, carbohydrate intake, and BMI ($p=0.026$; 0.010 ; 0.028). The variables of stress levels, energy intake, carbohydrate intake, and BMI showed a significant negative correlation, indicating that higher stress levels were associated with lower intake and BMI among the subjects.

Keywords: Stres Level, Nutritional Intake, Body Mass Index, Prisoners