

**The Relationship between Diet and Smoking Habits  
Regarding Nutritional Status Jember Statue Polytechnic**

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**ABSTRACT**

Smoking is a habit that is detrimental to health and is prevalent among university students. Negative impact of smoking habits one of which can affect nutritional status. This is due to the nicotine content in cigarettes, which can be suppressed luseatand reduce the perception of taste and smell, leading to a lack of luseat or skipping regular meals. Besides smoking, nutritional status can also be influenced by bad dietary patterns. The purpose of this study is to determine the relationship between dietary patterns and smoking habits on the nutritional status of students at the Jember State Polytechnic. This type of research used analytical survey with a cross-sectional approach, employing methods such as interviews, quistionnaires, and direct measurements of height and weight. Sampling used a simple random sampling technique, resulting in 64 male student from the class of 2021. Data analysis was conducted using the Spearman rho correlation test. The results of the study indicate that there is a relationship between dietary patterns and the nutritional status of students ( $\rho = 0.000$ ), as food intake or dietary patterns can influence nutritional status. However, there is no relationship between smoking habits and nutritional status ( $\rho = 0.722$ ), this condition show that nutritional status can be influenced by other factors such as food intake, physical activity, stress, and respondents' lifestyle.

**Keywords:** Dietary Patterns, Smoking Habits, Nutritional