

Hubungan Perilaku Gizi Seimbang dengan Tingkat Konsumsi dan Status Gizi Mahasiswa Program Studi Gizi Klinik Politeknik Negeri Jember. (*The Relationship Between The Balanced Nutrition Behavior And Consumption Levels And Nutritional Status Of Clinical Nutrition Student Of State Polytechnic Of Jember*).

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ABSTRACT

Nutritional status is a state that is determined by degree of physical needs for energy and substances nutrition obtained from intake of food that the physical impact can be measured. Nutritional problems in adolescents appear because nutritional intake is not good, that the imbalance between nutritional intake with the recommended dietary allowance. This study aims to determine how the relationship between the balanced nutrition behavior and consumption levels and nutritional status of Clinical Nutrition student of State Polytechnic of Jember. The research is research observational analytic with the design cross sectional. Data obtained by the method of consumption levels Food Record, nutritional status data with the weighing, height measurement and behavioral data balanced nutrition with balanced nutrition behavior questionnaire. The sample collection using a technique simple random sampling with a sample of 57 respondents. The results, showed that there was no correlation between the balanced nutrition behavior with the level of energy consumption ($p=0,993$), the level of carbohydrates consumption ($p=0,650$), the level of protein consumption ($p=0,483$), the level of fat consumption ($p=0,584$) and there was no correlation between the balanced nutrition behavior with nutritional status ($p=0,204$).

Keywords : *Balanced nutrition behavior, nutritional status, the level of consumption*