

Differences in Dietary Habit, Energy Intake, Physical Activity and Nutrition Status of Students at the Polytechnic of Jember Active and Inactive in the Student Organization

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ABSTRACT

Nutritional status is affected by the consumption of food and the use of nutrients in the body. If the body gets enough nutrients and used efficiently will achieve optimal nutritional status that allows physical growth, brain development, employability and general health at the highest level possible (Istiany and Rusilanti, 2013). This study aims to determine differences in diets, energy intake, physical activity, and nutrition status of students of Polytechnic of Jember active and not active in student organizations. This study uses observational analytic with cross sectional design. This study was conducted In September-November 2016 on the campus of Polytechnic of Jember. Retrieving data using interviews and questionnaires carried out by the researcher to the respondents as well as bathroom scales and microtoice to weigh and measure the height. The study involved 162 respondents were divided into 79 active students and 83 students of inactive organizations. Based on bivariate analysis that has been statistically tested Mann Whitney, test on differences in diets between students active and inactive organization on staple food sources obtained by value $p = 0,291$, on the source of animal protein was obtained $p = 0,452$, in the vegetable protein source is obtained $p = 0,849$, on vegetables obtained $p = 0,805$, in the fruit obtained $p = 0,725$, in the beverage obtained $p = 0,629$, at snack obtained $p = 0,551$, and on supplements obtained $p = 0,065$ showed no differences in dietary habits between the two groups. On the difference in energy intake obtained test $p = 0,069$ showed no difference in energy intake between the two groups. On the test of physical activity differences obtained $p = 0,001$ which shows there is a difference physical activity between activity of the two groups of students. On the nutritional status obtained difference test $p = 0,001$ which showed there is a difference between the nutritional status of the two groups of students.

Keywords: *dietary habit, energy intake, physical activity, nutritional status*