

The Relationship Between Energy and Macronutrient Intake and the Nutritional Status of Clinical Nutrition Students at Jember State Polytechnic

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ABSTRAK

The nutritional status of adolescents in Indonesia is included in the Triple Burden of Malnutrition nutritional problem group (including stunting, wasting, overweight, obesity and micronutrient deficiency). Nutritional status can describe the condition of the body that shows the balance between the intake consumed and the use of nutrients in the body. This study aims to determine the relationship between energy and macronutrient intake with the nutritional status of students of the Jember State Polytechnic. The research method uses an analytical survey with a cross-sectional research design. The number of samples studied was 88 students of the nutrition study program of the Jember State Polytechnic. Data collection was carried out by interviews to fill out questionnaires and 24-hour recall forms. Data analysis used univariate analysis and bivariate analysis with the Spearman rho test. The results showed that there was no significant relationship between energy intake and the nutritional status of students of the clinical nutrition study program of the Jember State Polytechnic indicated by a p value = 0.224. There is a significant relationship between protein intake and the nutritional status of students of the clinical nutrition study program of the Jember State Polytechnic indicated by a p value = 0.000. There is a significant relationship between fat intake and the nutritional status of students of the nutrition study program clinic of Jember State Polytechnic as indicated by p = 0.000. There was no significant relationship between carbohydrate intake and nutritional status of students of clinical nutrition study program of Jember State Polytechnic as indicated by p = 0.082. The conclusion of this study is that there is no significant relationship between energy intake, protein intake, fat intake, and carbohydrate intake with nutritional status of students of Jember State Polytechnic.

Keywords: Student Nutritional Status, Macronutrients, Energy Intake