

***Relationship Between Sleep Quality With Diet And Nutritional Status Of
Students Boarding Schools Mabda'ul Maarif Subdistrict Of Jombang Regency
Of Jember***

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ABSTRACT

Adolescence is a transitional period between childhood and adulthood between the age of 11 or 12 years until 20 years. One of the problems that often encountered by teenager is a matter of density of activity and sleep time. Young adults are reported to have a high prevalence of sleep disorders or sleep quality which was bad. For some students or students with a density of organization activity and a pile up of school tasks has become a part of daily life, so it's pressing the time to sleep. Thus, the teenager's sleep quality is also tend to get reduce. When teenagers experience the lack of sleep condition, it can affect the eating patterns and their nutritional status. The purpose of this research is to know the relationship of sleep quality with diet and nutritional status of student boarding school in Mabda'ul Maarif subdistrict of Jombang Regency of Jember. The data of sleep quality is obtained by using questionnaire of The Pittsburgh Sleep Quality Index (PSQI) and eating pattern is obtained by using questionnaire of Quantitative Food Frequency Questionnaire (Q-FFQ). The subject is 52 students in ages 16-18 years old that selected by using the technique of simple random sampling. Technical analysis data that used is Correlation Spearman Rank Test. From the result of descriptive analysis, 86.5% of subjects are on a bad quality of sleep, 61.5% student's diet is bad, and 75% have the skinny nutrient status. The results of analysis of sleep quality and eating patterns by using Spearman Rank Correlation Test has showed that there is a relation ($p = 0.000$). And the results of analysis of sleep quality and nutrition status by using Spearman Rank Correlation Test has showed that there is a relation ($p = 0.000$) The conclusion of the research is, there is a relation between the sleep quality with diet and nutritional status.

Keywords : Eating Patterns, Nutritional Status , Quality Of Sleep

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