

Hubungan Antara Pengetahuan Gizi dan Tingkat Stres Dengan Status Gizi Mahasiswa Di Politeknik Negeri Jember (Relationship Between the Nutrition Knowledge and Stress Levels With Nutritional Status of Students In Polytechnic State Jember)

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ABSTRAK

Nutritional problem is an important issue in the field of public health. Adolescents are vulnerable to changes in the surrounding environment, particularly the issue of food consumption. knowledge and level of stress plays an important role in influencing the nutritional status of adolescents. This study aims to Know the relationship between knowledge of nutrition and stress levels on the nutritional status of students in the Polytechnic of Jember.

This study is a survey research methods Analytical using cross sectional approach, conducted in December 2016. The samples were taken using Proportional Random Sampling technique in which samples were taken from each subpopulation. The researchers used data collection was a questionnaire containing questions that consist of Nutrition Knowledge Questionnaire, Questionnaire Stress Level, Digital Scales and microtoise. In this study population is the entire 5th semester student at Polytechnic of Jember is numbered 1870. And the sample size of this study were rounded to 92 students drop out and added 10% to the total sample is 101.

Data collection techniques in this study are primary and secondary data. Analysis of the data used is the analysis Univariate and Bivariate. Univariate analysis aims to determine the proportion of each variable to be careful that the characteristics of respondents (age, sex, height, weight). Aims and bivariate analyzes to determine the relationship between independent variables and the dependent variable through the Spearman Rank test is used to look at the relationship between independent variables and the dependent variable of the significance level and degrees of freedom ie, $p < 0.05$

The results of test analysis based on the results of research and analysis of relationship do that There is a significant correlation between the level of knowledge of nutrition and nutritional status of students at the Polytechnic of Jember ($p = 0.006$), and no significant correlation between stress levels and nutritional status of students in Polytechnic jember ($p = 0.419$).

Keywords: *Knowledge of Nutrition, Nutritional Status, Stress Levels*