

Differences in Knowledge, Balanced Nutrition Practice Guidelines for Student Nutrition and Nutritional Status and Non Nutrition (Study on Student Polytechnic of Jember)

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ABSTRACT

Nutritional problems is one of the major health problems in Indonesia. The problem of malnutrition and over nutrition is a health problem that is often encountered in adulthood (Suparisa et al., 2012). Students as late adolescence or early adulthood are still experiencing growth in terms of height, weight, body fat, and muscle and improve various organ systems. At this time of fulfillment is still very important. This study aims to determine differences in knowledge, practice guidelines for balanced nutrition and nutritional status of nutrition and non-nutrition students Polytechnic of Jember. This study uses observational analytic research with cross sectional study design. The population in this study is the third semester students of class 2015 by the sampling technique multistage random sampling. This research was conducted in November-December 2016 at the Polytechnic of Jember. Retrieving data using questionnaires and questionnaires given by researchers to the respondent. The study involved 150 respondents. Based on bivariate analysis for the variables eat a variety of food, hygiene practices, BB regularly monitoring the scale of nominal data were tested using Chi Square test, whereas knowledge of balanced nutrition guidelines; physical activity; and nutritional status and the scale of ordinal data were tested using Mann Whitney test. In the test guidelines for balanced nutrition knowledge gaps between students and non nutrient nutritional value of $p = 0.001$ was obtained which showed no difference between the two groups. On the test of practice guidelines for balanced nutrition which includes eating foods vary ($p = 0.001$), the behavior of healthy and clean living ($p = 0.001$), physical activity ($p = 0.001$), and the monitoring of BB regularly ($p = 0.001$) between the student nutrition and non nutrients showed no difference between the two groups. In the test the nutritional status differences between students and non nutrient nutritional value of $p = 0.569$ was obtained which showed no difference between the two groups.

Keywords: *Knowledge, Practice Guidelines for Balanced Nutrition, Nutritional Status*