

***Identification of Food Consumption Patterns and Physical Activity in Students
Before and During the Covid-19 Pandemic at Jember Regency***

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ABSTRACT

As a result of pandemic Covid-19, the Indonesia government implemented Large Scale Social Restriction (PSBB) and implemented a School from Home (SFH) that affected student lifestyle. One of the lifestyles that is influenced is the pattern of food consumption. The purpose of this study was to analyze the effect of the Covid-19 pandemic on food consumption patterns and physical activity in students in Jember Regency. This study uses a cross sectional design with an analytical observational method. The sample size is 398 subjects. The sampling technique is non-probability sampling by means of snowball sampling. Data analysis used univariate analysis and bivariate analysis using Wilcoxon test. The results showed that there were differences in the pattern of food consumption and physical activity of students during the Covid-19 pandemic, except for the variables for lunch, dinner, snack consumption and night sleep past at 21.00. The conclusion in this study is that there is an effect of the Covid-19 pandemic on the pattern of food consumption and physical activity of students, except for the variables of lunch, dinner, snack consumption and night sleep past at 21.00.

Key Word : *College Student, Food Consumption Pattern, Pandemic Covid-19,
Physical Activity*