



ABSTRACT

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RELATIONSHIP OF MACRO NUTRITION, WAIST AND HIP RATIO, PHYSICAL ACTIVITY AND MASS BODY INDEX IN FLIGHT OPERATION OFFICER (FOO) WINGS AIR IN SOEKARNO HATTA AIRPORT

xii, VI CHAPTER, 52 Pages, 13 Tabels, 5 Images

Background: Nutritional status is a measure of a person body condition that can be seen from the food consumed and the use of nutrients in the body. Flight Operation Officer (FOO) is in charge of preparing flight routes, monitoring the airplane, monitoring weather update and categories of airports to be targeted and monitoring the weather. FOO duty hours on 8 hours a day and is divided into 3 shifts. Dense work activities make the workers do not care about the intake of consumed with foods high in energy and fat.

Obejctives: To know the intake of macro nutrient, waist ratio and hip, physical activity and Mass Body Index on Flight Operation Officer (FOO) Wings Air.

Methods: This study used cross-sectional research design with sampling technique using total sampling with 40 respondents. Data analysis in this study using Pearson correlation test.

Result: The result of bivariate analysis showed the correlation between the intake of macro nutrient that is protein intake ($p = 0,001$), fat intake ($p = 0,003$), carbohydrate intake ($p = 0,003$), waist and hip ratio ($p = 0,001$), physical activity = 0.008) with nutritional status.

Conclusion : There is a relationship between the intake of macro nutrients (protein, fat, carbohydrate), waist and hip ratio, physical activity with Flight Operation Officer (FOO) Wings Air.

Keyword: Nutritional status, macro nutrient intake, RLPP and physical activity.

Reading List: 54 (2000 – 2017)