

ABSTRACT



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EFFECT OF NUTRITIONAL ASSISTANCE AND STRETCHING EXERCISES PROGRAMS ON NUTRITIONAL STATUS, NUTRITION INTAKE AND FITNESS OF INDOFOOD EMPLOYEES

xvii, VI Chapter, 85 Pages, 15 Tables, 2 Pictures, 8 Attachments

Background: The emergence of nutritional problems can occur due to an imbalance between incoming and expired nutrients and lack of exercise or physical activity.

Objective: This study aims to determine the effect of nutritional assistance and stretching exercises programs on nutritional status, nutritional intake and fitness of employees of Indofood Sukses Makmur Company.

Methods: This research is a quasy exsperiment research using one group pre test and post test method. The data was collected by anthropometric measurement and fitness test, and food recall 2x24 hours. A total of 12 employees attended the nutrition assistance program provided through the meeting once/month, whatsapp application 3 - 5 times/week and stretching program 10 times/week for 14 weeks.

Results: The results showed that there was a decrease of Body Mass Index (BMI) of 0.06 kg / m² and the increase of Body Fat Percentage (BFP) of 2.27% but no significant effect of intervention on BMI and PLT (p value > 0.05). Nutritional intake increased (energy = 31 kcal, carbohydrate = 54.02 g, fat = 12.73 g, protein = 18.98 g) but no significant effect of intervention on nutritional intake (p value > 0.05). Fitness level of respondents also experienced a score increase of 0.34 but there was no significant effect of the provision of interventions on fitness level (p value > 0.05).

Conclusion: Provision of 14 weeks nutritional assistance and stretching exercises programs has no significant effect on nutritional status, nutritional intake and fitness of respondents.

Keywords: Nutritional assistance program, stretching exercises programs, nutritional status, nutrition intake and fitness.

References: 49 (2002 – 2017)