

UNIVERSITY OF ESA UNGGUL  
FACULTY OF HEALTH SCIENCE  
PROGRAM STUDY SCIENCE NUTRITION  
SKRIPSI, AUGUST 2017

**YESINTA VILIANTI**

NUTRITION KNOWLEDGE, LIFESTYLE AND STRESS LEVEL ON THE PROSPECTIVE OF OBESE AND NON OBESE BRIDE CANDIDATES IN THE RELIGIOUS AFFAIRS OFFICE OF CENTRAL JAKARTA

XV, VI Chapters, 78 Pages, 16 Tabels, 3 Pictures, 8 Attachment

**Background:** Overweight or obesity is the condition of disorders or excess accumulation of fat in the adipose tissue. According to the WORLD HEALTH ORGANIZATION, the prevalence of obese in women is about 14%, Based on data riskeddas (2010), the prevalence of obese is mean 26.9% in Indonesia and in Central Jakarta about 57.13%.

**Objective:** Analyze the difference of knowledge, lifestyle and stress level on prospective of obese and non obese bride candidates in the Religious Affairs Office in Central Jakarta.

**Methods:** Cross-sectional with the number of respondents consisting of 54 brides candidates with normal nutritional status and 51 bride candidates with obese nutritional status. Nutrition knowledge, Lifestyle and Stress Level were measured using questionnaires. Another variable that was studied was the percent body fat measured by the BIA (Bioimpedance Analysis) tool. The test used was Chi-Square, Independent t-test for normal distributed data and Mann Whitney for non-distributed data, significant results if ( $p < 0.05$ ).

**Results:** Chi-square test showed a difference between fast food consumption to the bride candidates with normal nutritional status and obese nutritional status. Independent t-test showed that there was a significant difference between normal nutritional status group and obese nutrition status group based on nutritional knowledge. Mann Whitney test showed a difference between normal nutritional status group with obesity nutritional status group based on score of PHQ stress.

**Conclusion:** There was a difference between knowledge and stress levels based on obesity and there was a link between fast food consumption lifestyles and obesity status.

**Keywords:** Knowledge, Lifestyle, Stress Level, Obesity, Bride Candidate.

**Reading list:** 86 (1999-2017)