

ABSTRACT

FACTORS ASSOCIATED WITH MALE'S NUTRITION STATUS OF 18-45 YEARS OLD IN SEJABODETABEKA 2018

AISYAH

NUTRITION STUDY PROGRAM

(IX, VI CHAPTER , 66 Pages, 20 Tables)

Background: Nutritional status is one of the important factors in achieving optimal health status. Nationally, the prevalence of obese adult male population in 2013 increased to 19.7%, compared to the prevalence in 2007 (13.9%) and in 2010 (7.8%).

Objective : to know the related between the level of energy, macro nutrition adequacy level, sports frequency, knowledge of nutrition and nutritional status of men 18-45 years in Sejabodetabeka in 2018.

Method : this study used a *cross-sectional* study design . Data in this analysis are secondary data results Survey College student Nutrition University One Superior in 2018 with a sample of 1253 male respondents aged 18-45 years and analyzed using *Chi Square* test .

Results: most of the male respondents had normal nutritional status of 72,8%, the domicile of respondents was mostly in the west Jakarta area which was 22,4%, the education of respondent in the medium category was 60,5%. Most respondents had moderate exercise frequency, which was 49.7%. The level of energy sufficiency is mostly less 64.9%, protein is over 38%, less fat is 65.2% and carbohydrates are less 70.9%, knowledge of nutrition is sufficient 61.9%. There is a significant relation between the level of adequacy of energy, protein, carbohydrate, nutritional knowledge and nutritional status with a value of ρ - *value* <0.05 and there is no significant relation between the level of fat adequacy, frequency of exercise and nutritional status (ρ - *value* <0.05) .

Conclusion: There is a significant relationship between the level of adequacy of energy, protein, carbohydrates and knowledge of nutrition with nutritional status.

Key Words: Nutritional status, energy adequacy level, macro nutrients adequacy level, male

References: 32 (2003-2017)