

ABSTRACT



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The purpose of this research is to know the differences in macro nutrients intake, physical activity, and percent of body fat based on overweight nutritional status and obesity on employees of PT. Multi Kencana Niagatama. Observational analytic research with cross sectional design was conducted at PT. Multi Kencana Niagatama City of West Jakarta. The sample was amount to 52 respondents which taken by purposive sampling on employees of PT. Multi Kencana Niagatama. The difference test of this research used the independent sample t-test. The results of the difference test of carbohydrate intake among respondents with overweight and obesity nutritional status obtained p 0.038, protein intake was obtained p 0.024, fat intake was obtained p 0.717, physical activity was obtained p 0.0001 and percent body fat was obtained p 0.0001. Based on the results of differences test were carbohydrate intake, protein, physical activity, and percent of body fat has a value $p < 0.05$, that means those are has a differences on carbohydrate intake, protein, physical activity, and percent of body fat among overweight and obesity nutritional status. The result of differences test in fat intake is $p > 0.05$, that means there is no difference in fat intake among overweight and obesity nutritional status. It can be concluded that there are have a differences in carbohydrate intake, protein intake, physical activity and percent of body fat among respondents with overweight and obesity nutritional status, but there were no differences in fat intake among respondents with overweight and obesity nutritional status. The importance of doing physical activity was in order to minimize the over nutrition. Associated with physical activity or exercise for body balance.

Key word : Overweight , Macro Nutrient Intake, Physical Activity, Percent of Body Fat