

ABSTRACT

Title : Relationship between Vegetable and Fruit Consumption, Fast Food, Nutrition Knowledge Level, Physical Activity, Body Fat Percent and Nutritional Status for Workers at PT Hisotex, Daan Mogot, Jakarta

Name : Mega Dwi Jayanti

Study Program : Nutrition

Background: Nutritional status is the condition of the body due to consumption of food and the use of nutrients. Differentiated between underweight, good, and more nutritional status.

Objective: To determine the relationship between vegetable and fruit consumption, fast food, level of knowledge of nutrition, physical activity, percent body fat, and nutritional status of workers at PT Hisotex, Daan Mogot, West Jakarta.

Method: This type of research uses a quantitative with a cross sectional research design. The research subjects were 52 people. Data analysis using Chi Square test.

Results: The results of the analysis showed the majority of respondents aged 18-40 years (80,8%) and male sex (86,5%). 57,7% of respondents have abnormal nutritional status, 75% of respondents have sufficient consumption of vegetables less, 51,9% of respondents have sufficient consumption of less fruit, 75% of respondents have frequent consumption of fast food, 75% of respondents have a level of knowledge of malnutrition, 61,5% of respondents had mild physical activity, 53,8% of respondents had percent of normal body fat.

Conclusion: There is a significant relationship between vegetable consumption, fast food, physical activity, percent body fat and nutritional status ($p \leq 0,05$) and there is no significant relationship between fruit consumption, level of knowledge of nutrition and nutritional status ($p > 0,05$).

Key words : Fast food, Fruit Consumption, Level of Nutritional Knowledge, Nutritional status, Percent of Body Fat, Physical Activity, Vegetable Consumption