

ABSTRACT

Title : Relationships Sleep Duration, Eating Habits, Activities Physical, Energy Intake, Macro Nutrient Substance with a Body Mass Index GTV cameraman.

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Study program : Gizi

VI Chapter, 58 Pages, 17 Tables, 2 Chart, 9 Attachmant

Background: The expected benefits of fulfilling work nutrition are to maintain and increase endurance as well as to balance nutritional and calorie requirements against the demands of work duties. The cameraman working system on GTV is based on weekly schedules and often overtime. Work nutrition problems are essentially lack of intake, irregular eating, poor lifestyle, lack of sleep can lead to nutritional problems.

Objective: To determine the relationship of sleep duration, eating habits, physical activity, energy intake of macro nutrients with body mass index on the GTV cameraman.

Method: This study uses Spearman rank correlation design and Pearson correlation. The sampling technique used is the total sampling technique. The sample in this study were all 32 GTV cameramen, data analysis using sectional crossing.

Results: Spearman Rank correlation test results showed that there was a significant relationship between sleep duration and BMI with a p-value of 0.004 ($p < 0.05$). There is a significant relationship between junk food eating habits with BMI with a p-value of 0,000 ($p < 0.05$), but there is no significant relationship between the habit of drinking packaging with BMI with a p-value of 0.466 ($p \geq 0.05$) . Pearson correlation test is known to have a significant relationship between physical activity, energy intake, protein intake with BMI in cameramen with a p-value < 0.05 , but there is no significant relationship between fat intake and Kh intake with BMI in GTV cameramen with values p-Value ≥ 0.05 .

Conclusion: There is a relationship between sleep duration, junk food eating habits, physical activity, energy intake, protein intake with GTV cameraman GMI. However, there was no significant relationship between drinking habits, intake of Kh, fat intake and BMI on GTV cameramen. Respondents should prefer to maintain their eating patterns in accordance with balanced nutrition, respondents should reduce the consumption of food and drink snacks outside the office.

Suggestion: It is better for respondents to maintain a diet in accordance with balanced nutrition, preferably respondents reduce consumption of snacks and snacks outside the office.

Keywords: BMI, duration of sleep, eating habits, physical activity, energy intake, intake of macro nutrients.