

ABSTRACT

Title : The Relationship of Nutrition Knowledge, Physical Activity and Smoking Habits with Nutritional Status of Young Men in State High Schools in Jakarta
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Study program : Nutrition

VI CHAPTER, 44 Pages, 14 Tabela, 3 Picture, 7 Appendix

Background: The prevalence of obesity based on indicators of male abdominal circumference in the population of Indonesia (age ≥ 15 years) continues to increase every year from 10.3% to 11.7%, increasing by 14.8% and reaching 21.8%. The province with the second highest prevalence of obese adolescents was DKI Jakarta at 40.5%.

Objective: To examine the relationship between nutritional knowledge, physical activity, and smoking habits with the nutritional status of male teenagers in Jakarta.

Method: cross sectional with 175 young male respondents with the Chi-Square test. The study was conducted in July-August 2019 at 10 Public High Schools in Jakarta, questionnaires were used to collect self-data, nutritional knowledge, physical activity and smoking habits. Digital and microtoise scales to measure height and weight, WHO Antroplus application is used for BMI / U (body mass index by age)

Results: Respondents with abnormal nutritional status were 43.4% 56.6% normal nutritional status. lack of knowledge 70.9% good 29.1%. less activity 76.6% enough 23.4%. smoking habits 41.7% not smoking 58.3%. Factors related to nutritional status were nutritional knowledge ($p = 0.033$) physical activity ($p = 0.040$) smoking habits ($p = 0.016$)

Conclusion: There is a relationship between nutritional knowledge, physical activity and smoking habits with nutritional status of respondents.

Suggestion: Further intervention or research is needed to determine the relationship of nutritional knowledge, physical activity and smoking habits with nutritional status by taking into account health and environmental conditions.

Keywords: Nutrition Status, Nutrition Knowledge, Physical Activity, Smoking Habits