

ABSTRACT



ESA UNGGUL UNIVERSITY
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RELATION BETWEEN ENVIRONMENT FACTORS AND DIETARY PATTERN WITH NUTRITIONAL STATUS IN FACULTY OF PUBLIC HEALTH STUDENTS AT ESA UNGGUL UNIVERSITY BY ONLINE SURVEY.

xi, VI Bab, 84 page, 24 Table, 3 picture

Background: *Jakarta is capital city of Indonesia that has similar urbanized characteristic with other big cities in the world. Education facilities in Jakarta is the main destination urbanization process in adolescent students. These reason make them change their dietary habits and their nutritional status. The related study in some universities indicated that adolescents food consumption less than their ideal consumption by quality and quantity.*

Objective: *To know the relation between environment factors and dietary pattern with the nutritional status of students in public health faculty University of Esa Unggul.*

Method: *This design research is observational analytic with cross-sectional study approach, which measures environmental factors and dietary pattern with the nutritional status. The sampling technique is purposive sampling. Total respondent is 168 consist of 162 female and 16 male.*

Result: *There relation in family size about environmental with the nutritional status ($p = 0.031$) by Chi-square test. Then, there a corellation between breakfast habits ($p = 0.001$) and frequency of meals ($p = 0.000$) with nutritional status. But, there is no corellation between DD score and nutritional status ($p = 0.118$) by Spearman test.*

Conclusion: *There is a significant relation between family size of related environmental factors with nutritional status. Significant relation is also found in the habit of eating breakfast and meal frequency related to dietary pattern. However, there was no correlation between dietary diversity with nutritional status.*

Keyword: *dietary pattern, dietary diversity, adolescents*

Reading list: *66 (1980-2015)*