ABSTRACT

NURLAELY FITRIANA. Breakfast Habits, Physical Activity, and Nutritional Status of Students Majoring in Nutritional Sciences and Forest Resources Conservation and Ecotourism Bogor Agricultural University. Under the direction of SITI MADANIJAHI.

A Nutrition requirement needs can not be met from just one or two meals a day, especially students who have a solid physical activity. Therefore, to be able to perform daily physical activity, breakfast is highly recommended. The purpose of this study was to determine the relationship between breakfast habits, physical activity, and nutritional status of students majoring in Nutritional Sciences and Forest Resources Conservation and Ecotourism (KSH) Bogor Agricultural University. The study design was cross sectional. Data was collected March - April 2011. The sampling technique that was used was stratified random sampling with proportional allocation (layered random sampling technique with proportional allocation). Respondents of the study were students majoring in Nutritional Sciences (32 students) and KSH (28 students) who entered IPB in 2008. The result showed that students of Nutritional Sciences consume breakfast more frequent than KSH students. Physical activity levels the two groups are in the light category with the average of both groups relatively the same. Nutritional status the two groups is categorized normal with a relatively similar average of BMI. There are statistically significant differences (<0.05) between parent’s income, poverty levels, family size, and the energy consumption of breakfast in both groups. Pearson correlation test results showed that there was a significant relationship between parent’s income with allowance (p=0.002; r=0.400). However, there is no significant relationship (p>0.05) between the habit of breakfast with nutritional status, physical activity with nutritional status, food intake with nutritional status, and physical activity with food intake of students.

Keywords: breakfast habits, physical activity, nutritional status, student.