ABSTRACT

INDANG WIJAYANTI. Antioxidant Supplement Consumption and its Correlation with Nutrition Knowledge, Physical Activity and Morbidity of Junior High School Students in the SMPN 1 Leuwiliang and SMPN 4 Bogor. Under supervised by RIMBAWAN and LEILY AMALIA

The purpose of this research was to analyze antioxidant supplement consumption and its correlation with the nutrition knowledge, physical activity and morbidity of Junior High School Students in Bogor. The design of this study was cross-sectional. This research was conducted from November until December 2011 in SMPN 1 Leuwiliang and SMPN 4 Bogor. Data obtained was analysis using independent sample t test to compare data between the two schools and rank Spearman and Pearson to correlate two variables. Based on analysis using independent sample t test, there were significant differences between two sample groups on knowledge of antioxidant, but there was no significant difference between two sample groups on level of energy, protein, vitamin C and vitamin E sufficiency, antioxidant supplement consumption, physical activity and morbidity. Statistic analysis showed that there were significant correlation between two sample groups on antioxidant supplement consumption and knowledge of antioxidant (p<0.05, r = 0.195), antioxidant supplement consumption and physical activity (p<0.05, r= 0.175). But, there was no significant correlation between two sample groups on antioxidant supplement consumption and morbidity.

Key words: knowledge, antioxidant supplement, physical activity, morbidity