ABSTRACT

ROBIAH AL ADAWIYYAH. Analysis of Relationship between Nutritional Adequacy, Nutritional Status and Fitness Level of IPB Students. Under direction of LILIK KUSTIYAH and MIRA DEWI

Economical progress in developing countries, including Indonesia, has generated many changes. There has been changes in lifestyle from active to less active as well as advances in technology. This resulted in changes in consumption which are generally use food instant. These changes can easily lead to degenerative diseases at a young age. The general objective of this study was to analyze the relationship between nutritional status and fitness levels of students with the specific objectives including 1) assess the characteristics, nutritional status and fitness level of samples; 2) analyze the relationship between the sample's characteristics and BMI, body composition and fitness levels; 3) analyze the relationship between the adequacy level of energy - nutrient and BMI (Body Mass Index), body composition and fitness level; 4) analyze the relationship between BMI and fitness level; 5) analyze the relationship between body composition and BMI and fitness levels. The research was conducted using Cross Sectional study design with 75 students as samples. Primary data used included characteristics, nutritional status, body composition and fitness level of samples. The results showed that nutritional status of male students was not significantly different from the female students. In contrast, the percentage of body fat of men is lower than those in women. The level of fitness (flexibility and VO_2\text{max}) was significantly higher in the men than of the women. BMI was significantly decreased with the level of fitness. Body fat percentage were significantly increased with BMI and body fat percentage were significantly decreased with the fitness level. The study suggested that students should improved the nutrients intake and do the exercise in order to have a good level of fitness.

Keywords: nutritional status, flexibility, VO_2\text{max}