

ABSTRACT

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RELATIONSHIP BETWEEN CONSUMPTION PATTERN AND NUTRITIONAL STATUS WITH PHYSICAL FITNESS OF PHYSICAL EDUCATION STUDENT

(Observational Study on Physical Education Students Class of 2022 Siliwangi University)

Consumption pattern is a problem that often occurs in college students. Consumption pattern can be regarded as a factor that influences nutritional status. Student nutritional status will affect physical fitness. Good physical fitness is something that must be possessed by Physical Education students because learning emphasizes physical activity so that they are required to have a good physical condition. The research purpose is to analyze the relationship between diet and nutritional status with the level of physical fitness in Physical Education students class of 2022 Siliwangi University, Tasikmalaya. Research design is cross sectional. The total population is 264 people and the sample used is 175 respondents. The sampling technique used is simple random sampling by drawing using Microsoft Excel. The instruments used were 2x24 hour food recall forms, IDDS questionnaires, digital weight scales, microtoise, bleep test forms. The data were analyzed using the Spearman rank test. Statistical tests show there's a relationship between energy intake with the level of physical fitness ($p=0,006$), there's no relationship between the diverse food with the level of physical fitness ($p=0,437$), there's a relationship between meal frequency with the level of physical fitness ($p=0,013$) there's a relationship between nutritional status with the level of physical fitness ($p=0,036$). Respondents are expected to pay attention to energy sufficiency and level of physical fitness.

Keyword : *Consumption Pattern, Nutritional Status, the Level of Physical Fitness*