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ABSTRACT

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THE RELATIONSHIP OF ENERGY ADEQUACY LEVELS, PHYSICAL ACTIVITY LEVEL AND DURATION SCREEN TIME WITH THE NUTRITIONAL STATUS OF ADOLESCENTS

Indonesian teenagers currently face three nutritional problems, namely malnutrition, overnutrition and micronutrient deficiencies such as anemia which are influenced by changes in lifestyle and an imbalance between nutritional intake and body needs. The aim of this study was to analyze the relationship between the level of energy adequacy, level of physical activity, and duration of screen time with the nutritional status of adolescents at MTs Al-Khoeriyah Tasikmalaya. The research was conducted using a cross sectional study approach. The sample was taken as many as 67 students from 154 students using proportional random sampling. The results showed that there were more female students (83.6%) than male students (16.4%). The majority of students had good energy levels (53.7%), low physical activity levels (55.2%), high screen time duration (86.6%), and good nutritional status (76.1%). The results of bivariate analysis using the Pearson Product Moment test showed a significant relationship between the level of energy adequacy and nutritional status ($p = 0.000$), physical activity and nutritional status ($p = 0.000$), and there was no relationship between the duration of screen time and nutritional status ($p = 0.894$).

Keywords: Energy Adequacy Level, Physical Activity Level, Duration of Screen Time, Nutritional Status