

ABSTRACT

QORI NUR AZIZAH

THE RELATIONSHIP BETWEEN STRESS LEVEL AND PHYSICAL ACTIVITY WITH NUTRITIONAL STATUS OF SANTRI (OBSEVATIONAL STUDY AT PONDOK PESANTREN MUARA CIPATUJAH DISTRICT TASIKMALAYA DISTRICT 2024)

Nutritional status in adolescents is influenced by genetic, cultural, socio-economic factors, sleep duration, habits and environment, stress levels, and lack of physical activity. The stress experienced by teenagers can influence eating patterns in the form of an increase or decrease in appetite which in turn will have an impact on nutritional status. Sufficient and balanced physical activity with food intake will also affect the nutritional status of adolescents. The aim of this research was to determine the relationship between the nutritional status of students and levels of stress and physical activity at the Muara Islamic Boarding School, Cipatujah District, Tasikmalaya Regency. The research method is observational with a cross sectional approach. The sample in this study consisted of 96 teenage students using a total sampling technique. Data were collected using the Perceived Stress Scale (PSS) and Physical Activity Level (PAL) questionnaires, food recall interviews, microtoise, and digital stepping scales. Results of bivariate data analysis using the Chi-square test. The results of the study showed that there was a significant relationship between stress levels and nutritional status, p-value 0.00 ($p < 0.05$), physical activity and nutritional status, p-value 0.00 ($p < 0.05$). There is a relationship between variables consisting of energy intake p-value 0.00 ($p < 0.05$), protein intake p-value 0.04 ($p < 0.05$), fat intake p-value 0.00 ($p < 0.05$) and carbohydrate intake p-value 0.00 ($p < 0.05$) with nutritional status. There is a relationship between stress levels and intake consisting of energy intake p-value 0.00 ($p < 0.05$), carbohydrate intake p-value 0.00 ($p < 0.05$), fat intake p-value 0.00 ($p < 0.05$) and protein intake p-value 0.00 ($p < 0.05$). There is a relationship between physical activity and intake consisting of energy intake p-value 0.00 ($p < 0.05$), carbohydrate intake p-value 0.01 ($p < 0.05$), fat intake p-value 0.01 ($p < 0.05$) and protein intake p-value 0.03 ($p < 0.05$). There is no significant relationship between gender and the nutritional status p-value 0.49 ($p > 0.05$) of students at the Muara Islamic Boarding School, Cipatujah District, Tasikmalaya Regency.

Keywords: *Stress Level, Physical Activity, Nutrient Intake and Nutritional Status.*