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SILIWANGI UNIVERSITY  
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**ABSTRACT**

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***RELATIONSHIP BETWEEN LEVEL OF ENERGY AND MACRONUTRIENT ADEQUACY AND CLEAN AND HEALTHY LIVING BEHAVIORS WITH ADOLESCENT NUTRITION STATUS (OBSERVATIONAL STUDY IN GRADES 7 AND 8 OF JUNIOR HIGH SCHOOL 2 TASIKMALAYA CITY IN 2025)***

*Nutrient intake can cause nutritional problems. Nutritional status can be determined by eating patterns and disease infection status. Due to a lack of practicing Clean and Healthy Lifestyle Behaviors, adolescents are one of the groups vulnerable to nutritional issues. This study aims to study the relationship between energy and macronutrient intake levels and clean and healthy living behavior with the nutritional status of adolescents at SMP Negeri 2 Tasikmalaya City. The type of study is an observational study with a cross-sectional method. The study population was 742 students in grades 7 and 8 of SMP Negeri 2 Tasikmalaya City, a sample of 97 students and respondents were selected using the Stratified sampling method. Data on energy and macronutrient intake levels used a 2 x 24-hour food recall form and a 38-question Clean and Healthy Lifestyle Behaviors questionnaire. The data analysis technique used the Pearson product moment test. The test results showed a significant relationship between the level of energy intake ( $p$  value = 0.003  $r$  = 0.514), carbohydrates ( $p$  value = 0.002  $r$  = 0.845), protein ( $p$  value = 0.036  $r$  = 0.674), fat ( $p$  value = 0.028  $r$  = 0.597) and PHBS ( $p$  value = 0.020  $r$  = 0.217) with nutritional status. There is a relationship between energy and macronutrient intake, as well as Clean and Healthy Lifestyle Behaviors, and nutritional status. It is hoped that adolescents will increase their food intake to meet nutritional needs, promote a diverse diet, increase fruits and vegetables, complex carbohydrates, and a variety of proteins, and improve and implement Clean and Healthy Lifestyle Behaviors indicators in both school and home environments.*

Keywords: *energy , macronutrient , healthy living behavior, nutritional status*

