THE RELATIONSHIP OF DIET KNOWLEDGE LEVEL AND PHYSICAL ACTIVITIES TO NUTRITIONAL STATUS

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ABSTRACT

The study background was that many teenagers did not know the procedure to select good nutrition. They also had a misconception about 'diet', which they perceived only as an activity to lose weight and as a passive or sedentary physical activity pattern. Therefore, the study aimed to discover the relationship between dietary knowledge and physical activities and nutritional status in the state senior high school (SMA N) 1 Yogyakarta students.

This descriptive research applied a cross-sectional approach with 45 students of SMAN 1 Yogyakarta as the research samples. The variables include knowledge of diet, physical activities, and nutritional status. Some instruments were utilised in this study, such as a validated level of knowledge test to measure dietary knowledge, a Global Physical Activity Questionnaire (GPAQ) to measure physical activity, and a body mass index to measure nutritional status. The relationship between knowledge of diet and physical activities on nutritional status was analysed using the Chi-Square and Goodman Kruskal - Gamma Statistics method. Meanwhile, the data was analysed descriptively. To conclude, the nutritional status is classified into good and poor categories.

The results showed that there was a relationship between (1) dietary knowledge and nutritional status ($r=0.62$: $p=0.01$) and (2) between physical activity and nutritional status ($r=0.85$; $p=0.000$) in students of SMAN 1 Yogyakarta. From these results, it can be concluded that the higher the level of knowledge about diet and physical activity the students have, the better their nutritional status.

Keywords: dietary knowledge, physical activities, nutritional status